

# The Other Press.

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# WHO WE ARE

The Other Press has been Douglas College's student newspaper since 1976. Since 1978 we have been an autonomous publication, independent of the student union. We are a registered society under the Society Act of British Columbia, governed by an eight-person board of directors appointed by and from our staff. Our head office is located in the New Westminster campus. The Other Press is published weekly during the fall and winter semesters, and monthly during the summer. We receive our funding from a student levy collected through tuition fees every semester at registration, and

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## The Other Press.

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Room 1020 – 700  
Douglas College  
Royal Avenue

New Westminster, BC  
V3L 5B2  
TELEPHONE: 604.525.3542

### EDITOR IN CHIEF

Cody Klyne

[editor@theotherpress.ca](mailto:editor@theotherpress.ca)

### ASSISTANT EDITOR

Sharon Miki

[assistant@theotherpress.ca](mailto:assistant@theotherpress.ca)

### BUSINESS MANAGER

Angela Szczur

[accounting@theotherpress.ca](mailto:accounting@theotherpress.ca)

### PUBLIC RELATIONS MANAGER

Stephanie Trembath

[publicrelations@theotherpress.ca](mailto:publicrelations@theotherpress.ca)

### DISTRIBUTION MANAGER

Chris Paik

[distribution@theotherpress.ca](mailto:distribution@theotherpress.ca)

### NEWS EDITOR

Dylan Hackett

[news@theotherpress.ca](mailto:news@theotherpress.ca)

### ARTS EDITOR

Angela Espinoza

[arts@theotherpress.ca](mailto:arts@theotherpress.ca)

### LIFE & STYLE EDITOR

Laurel Borrowman

[lifeandstyle@theotherpress.ca](mailto:lifeandstyle@theotherpress.ca)

### OPINIONS EDITOR

Jacey Gibb

[opinions@theotherpress.ca](mailto:opinions@theotherpress.ca)

### SPORTS EDITOR

Josh Martin

[sports@theotherpress.ca](mailto:sports@theotherpress.ca)

### HUMOUR EDITOR

Liam Britten

[humour@theotherpress.ca](mailto:humour@theotherpress.ca)

### STAFF WRITERS

Allie Davison

David Hollinshead

Eric Wilkins

### LAYOUT MANAGER

Brian Yoo

[layout@theotherpress.ca](mailto:layout@theotherpress.ca)

### GRAPHICS

Timothy Arndt

[graphics@theotherpress.ca](mailto:graphics@theotherpress.ca)

### ILLUSTRATOR

Oliver McTavish Wisden

[illustrator@theotherpress.ca](mailto:illustrator@theotherpress.ca)

### CONTRIBUTORS

Arshy Mann (CUP)

Joel MacKenzie

Kealy Doyle

Livia Turnbull

\*Cover illustration by  
Oliver McTavish Wisden

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The weekly deadline for submissions to section editors is Thursday by 12:00 a.m. for publication the following Monday. Time-sensitive articles (weekend news, sports, and cultural reviews) will be accepted until Saturday at noon and can be submitted to the editor at [editor@theotherpress.ca](mailto:editor@theotherpress.ca). All submissions will be edited for clarity and style.

The Other Press will pay \$50.00 to any contributor who writes, and successfully has published, a feature article of at least 1,200 words. Also, The Other Press will pay \$50.00 for every five issues a contributor is published in on a per semester basis.

The Other Press holds weekly staff meetings at 6:00pm on Mondays in room 1020 at Douglas College's New Westminster campus. All interested students are welcome!

## WRITE FOR US!

### NEWS SUBMISSIONS

[news@theotherpress.ca](mailto:news@theotherpress.ca)

### ARTS SUBMISSIONS

[arts@theotherpress.ca](mailto:arts@theotherpress.ca)

### LIFE&STYLE

[lifeandstyle@theotherpress.ca](mailto:lifeandstyle@theotherpress.ca)

### OPINIONS SUBMISSIONS

[opinions@theotherpress.ca](mailto:opinions@theotherpress.ca)

### SPORTS SUBMISSIONS

[sports@theotherpress.ca](mailto:sports@theotherpress.ca)

### FEATURE ARTICLES

[editor@theotherpress.ca](mailto:editor@theotherpress.ca)

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# LETTITOR.

## Ego tripping at the gates of hell

*"You proceed from a false assumption: I have no ego to bruise." - Leonard Nimoy*

Perception is an interesting thing; more specifically, ego.

In my experience, most wouldn't even consider themselves as *having* one, while those who *do* reference it in a way that they think makes it okay. It's an unfortunate, unproven, and judgemental reality for me that when discussing confidence—or in this case, overconfidence—it's Mr. Popped-collared-hey-bro-in-the-club that comes to mind. Making mention of the cast of *Jersey Shore* in any circumstance is not something that I take lightly; it evokes unnecessary, deeply seated feelings of aggression, and causes me to breakdown into a paradoxical internal monologue where I question their being, why they're pop icons, and why I care either way. Regardless, they stand as an extreme example of the kind of detached-from-reality hubristhat gets me going. A "he who lives in a glass house should not cast stones," sort of situation, certainly if you fall into the category of being a 20-something, I think it's fair to say we've all been guilty of "losing touch" in one way or another. It's a lesson I'm learning as I try, succeed, and more importantly, fail and make mistakes: a little ego can go a long way in either direction.

Currently in the process of applying to a program that starts up in the fall, I was required to provide a copy of my high school transcript \*gasp!\* Consumed in my various, soon to be 24-year-old, "highly important" yet poorly organized affairs, high school and the classes and grades associated with that time in my life seem—to embrace the cliché—like a distant memory. Ripping open the government issue envelopes—the Ministry of Education knows how to do snail mail *right*—you can imagine my surprise to see not one, but two C-'s on my final transcript, along with a smattering of courses I don't even remember taking. While in truth my performance in Mandarin and Math have factored into my post-secondary equation about as much as common sense in a pie eating contest, I've got to admit that my *Freaks and Geeks*-esque high school existence has been called into question. Wasn't I an "A" student? Also, didn't I take classes with a modicum of foresight for what would come next? Outside of a waning interest in Mayan culture brought on by the impending end of the world—which might explain why I took Comparative Civilizations—Keyboarding and English are the only courses that seem remotely applicable to who I am today. Go figure.

While I wallow in self-realization and chalk this up as just another reason to more seriously pursue unlocking the secrets of time travel, the penultimate issue of the winter semester sees *The Other Press* cast and crew address a number of hot topics. From the results of the NDP leadership race, to a review of *The Hunger Games*—written by a fan of the books—to thoughts on the return of Sid-the-kid: there's a little something for everyone to hopefully pick you up out of your homestretch stupor.

Later days,

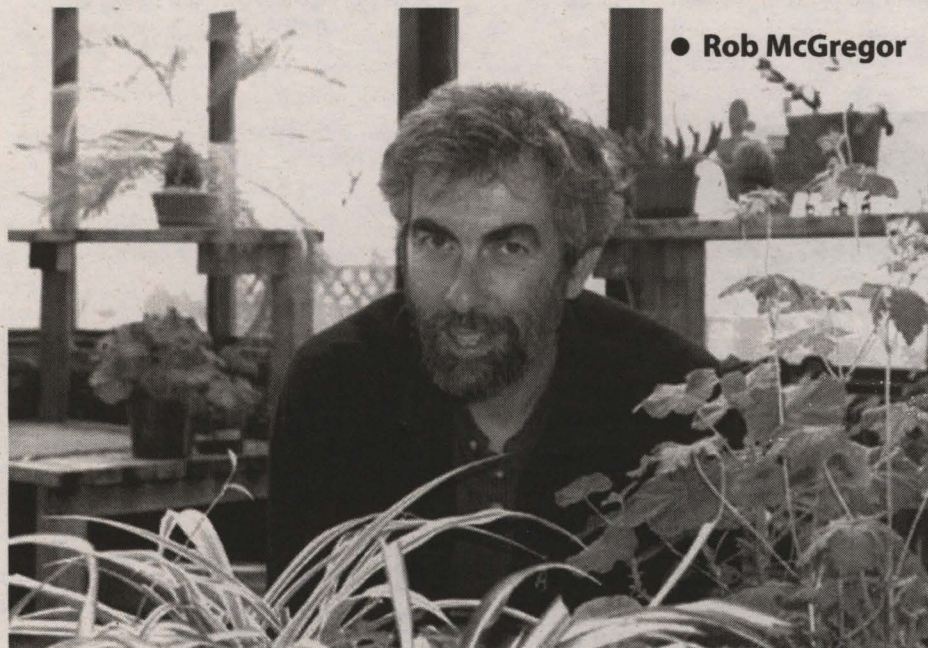
Cody Klyne  
Editor in chief  
The Other Press



# News.

## What's eating you?

Douglas researcher presents ecological pest control



● Rob McGregor

By Dylan Hackett, News Editor

Last Thursday, Rob McGregor, Executive Director of Douglas College's Institute of Urban Ecology presented his latest research on using biological pest controls for greenhouses in the Lower Mainland titled "What's eating you?" McGregor explained to the small, eager audience in the 2201 lecture hall how the use of insect pests instead of chemical spraying will both benefit the environment and the quality of vegetation we consume. He also highlighted the many of the economic benefits involved in the process of insect pest control for both

evolve chemicals to combat those chemicals and it just goes back and forth throughout evolutionary time."

McGregor also explained how his research has led to the discovery of an insect not thought to be present in the Metro Vancouver and Fraser Valley areas. He also discussed advancements in DNA coding technology and how this is groundbreaking and beneficial to all fields of applied biology.

"We're doing something which is called 'barcoding,' believe it or not: DNA barcoding. There's a little piece of DNA that exists in each of you and all the organisms on the planet Earth that are eukaryotic," said McGregor.

**"McGregor also explained how his research has led to the discovery of an insect not thought to be present in the Metro Vancouver and Fraser Valley areas."**

farmers and the Natural Sciences and Engineering Research Council's partner companies who supply and breed the insects. Farmers worldwide lose billions of dollars to crop loss due to pests.

McGregor parried an audience member's concerns on genetically modified organisms, which he believes to be a much more viable option for farmers and the environment than extending the usage of chemical fungicides, herbicides and pesticides.

"I think genetically modified farm products still have the same [natural pesticide] chemicals they had before. Nothing has changed about them; they've just added something to it. You have to think about the whole system as a system that is co-evolving. The plants produce chemicals of some kind and insects

"It turns out that this is just variable enough between species that you can use the sequence of the gene to identify the species."

Also mentioned in the presentation was the institute's future research plans to on local pest controls such as those for pepper and blueberry-feeding aphid species in the Fraser Valley and the importation of Australian and Californian insects to feed upon the aphids.

"Blueberry aphids are something that need to be controlled and is normally controlled with insecticides very early in the spring to prevent the spread of disease called blueberry scorch virus. We think that a cold-temperature organism might be able to substitute for the insecticide," said McGregor.

## Happy Nowruz!

Douglas dancers celebrate Persian New Year

By David Hollinshead,  
Staff Writer

On March 20, the Persian New Year or Nowruz was marked with dance and celebration in the concourse of the New Westminster campus. The day not only marked the start of the Persian New Year—with concourse displays, dancing, and images of Persian culture—but also the beginning of spring.

"Persian New Year [has a lot to do with] health," said a dancer at the event. "We put seven symbols on a table, they all start with S. Each symbol has one meaning. For example, apple: it starts with an S, in my language, and this is the symbol of health. And garlic, garlic starts with an S, another symbol, and it's another symbol for health. This is wheat, we soak it in water, and after they grow up like this, we put it on the table; it is a symbol for green and nature. This flower, I don't know what you call it in English, but it is a symbol of beauty, as it starts with S. We put [a] mirror for brightness. You put a goldfish, it is not a symbol but you can put it on the table."

The two girls dancing wore

matching outfits—a fedora hat, a white collar shirt, scarfs, and a skirt. The dance is derived from a story in which a king falls in love with one of his harem girls, and sings a song of grief that he can't be with her.

"This dance is a traditional dance called Baba Karam, Baba means father, and Karam means grace, it means some guy is so graceful and colourful, it is related to the past, not now. They put on hats and scarfs and a white shirt, and the men all dance together," said the dancer.

For many of those who observe Nowruz, precluding the celebration of spring equinox is Chaharshanbe Suri, or Red Wednesday—the Iranian festival of fire.

"We celebrate the last Wednesday before the New Year, we call it Red Wednesday," explained the dancer. "We make fire, and we jump. We have 'The Day of Nature' it is called the '13 years of spring'. We go out and have a picnic, and for 13 days, you have to go out."

Nowruz, although a holiday of Zoroastrian origin, is celebrated throughout the Middle East and Islamic world.





## Mulcair wins NDP leadership

Prominent Quebec MP now Official Opposition leader

By Dylan Hackett, News Editor

In the fourth round of voting at the NDP Leadership Convention last weekend in Toronto, Thomas Mulcair defeated former party leader Brian Topp, granting the former lawyer—whose election in 2007 marked a prelude for NDP in Quebec—the title of Official Opposition leader. In his celebratory speech, Mulcair thanked his many supporters as well as those who ran against him for leadership and highlighted the importance of casting a ballot, especially for young Canadians.

"Democracy can't just mean the right to vote. Democracy must also mean the knowledge that your vote matters; the knowledge that when you vote you take part in steering the course of our country's future," said Mulcair. "Our future is limitless if we get our priorities right."

"In order to win the next election and have our first NDP

federal government, our party must reach beyond the limits of its traditional base and unite all progressive forces under the NDP banner."

Mulcair, once named the party's Quebec lieutenant by the late Jack Layton, made clear of his goal to promote a party which recognizes all Canadians.

"As we try to unite progressive forces in Canada, we won't do it by sacrificing the unity of our country. For far too long certain leaders did nothing more than divide Canadians, pitting francophones against anglophones, west to east," said Mulcair. "We will unite progressives, we will unite our country and together we will work towards a more just and better world."

This year's NDP Leadership Convention marked the first year where the party's supporting unions did not have greater sway in the vote. Each member of the NDP was granted one vote, a policy

which is in toe with the direction Mulcair is slated to take the party.

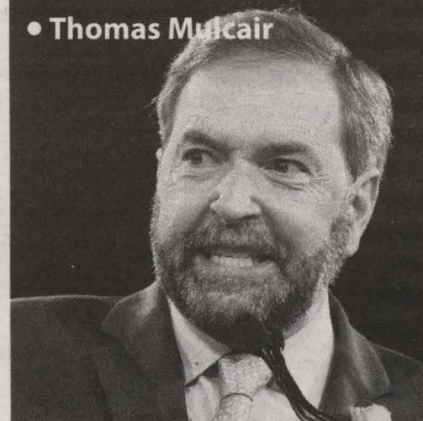
"When we started this campaign I was very clear on one point. As leader, and Prime Minister, the members of my government will never have to serve another interest," said Mulcair in his celebratory speech. "No interest will be greater than the public interest and that's a firm commitment."

The party's loss of Jack Layton was felt at the convention. On Friday, a tribute to Layton led by his widow, MP Olivia Chow, marked the evening as he was remembered with pictures, videos, and speeches in his honour by many notable figures including David Suzuki.

Many critics from inside and outside of the party have come out against Mulcair. Shortly after the results were announced, the Young Liberals of Canada released a message warning Canadians to Mulcair's stance against marijuana decriminalization. Former NDP

leader Ed Broadbent also has criticized Mulcair, seeing him as a candidate that will draw the party closer to the centre of the political spectrum, far from the party's and current build of democratic socialism.

Mulcair is soon to move into Stornoway, the official residence of the Official Leader of the Opposition. Chow, the house's last resident, has recommended the estate needs an environmental upgrade.



• Thomas Mulcair

## Post-secondary presidents claim B.C. budget will mean service cuts for students

In a letter to the Minister of Advanced Education, university presidents oppose cuts

By Arshy Mann,  
CUP Western Bureau Chief

VANCOUVER (CUP)—B.C.'s university and college presidents believe that service cuts will come if the provincial government cuts funding to post-secondary education.

A letter signed by the the presidents of the 25 publicly funded universities and colleges in B.C. argues that it is "unrealistic to assume that the [funding] reductions contemplated by Budget 2012 can be achieved without implications for service levels."

This contradicts the government's claim that the \$70 million funding gap can be overcome through administrative savings and that neither student services nor research would be affected.

"It is critical for Government to understand that the \$70 million reduction to institutional grants over the last two years of the fiscal plan, combined with five years of unfunded inflationary pressures, creates a strain on the operations of post-secondary institutions," reads the letter addressed to Advanced Education Minister Naomi Yamamoto.

The letter also expressed worries that post-secondary was the

only sector that received an overall funding reduction.

"We are very concerned that the Provincial Government is not aware of the measures the post-secondary sector has undertaken in the last number of years in response to significant cost pressures and no increases in institutional operating grants."

The presidents did, however, praise the government for

**"The provincial government has instructed university and colleges that are undergoing collective bargaining with any of their employees that they can only raise wages or benefits if those increases are offset by savings found elsewhere in the institution."**

providing more money for capital maintenance and that the overall funding would stay stable for the next year.

Michelle Mungall, the NDP's critic for advanced education, stressed the importance of the letter.

"This is unprecedented," she said. "This has never happened before in B.C.'s history, where all of the presidents of public post-secondary institutions come together in a unified voice to express their dismay and what I interpret as their lack of confidence in the Liberal government and the minister."

She also argued that the because the letter was sent out on

Feb. 28, seven days after the budget announcement, it indicated a lack of consolation between the ministry and the institutions.

"Shouldn't [Minister Yamamoto] have worked with the institutions on this very issue before the budget was developed rather than just telling them what's going to happen and leaving them feeling like they're out in the cold and not involved?"

Mungall has has been calling for the minister's resignation for the past week in the wake of a private email from a reporter to the ministry about an education consortium leaking to the head of that organization. She said that this letter will simply add fuel to that fire.

"What both issues highlight is the inability for this minister to do her job. She has broken the relationship with public post-secondary [institutions]."

In the letter, the post-secondary presidents also state that the government's mandates around collective bargaining are going to place further pressures on

university finances.

The provincial government has instructed university and colleges that are undergoing collective bargaining with any of their employees that they can only raise wages or benefits if those increases are offset by savings found elsewhere in the institution.

Robert Clift, the executive director of the Confederation of University Faculty Associations of B.C. (CUFA) said that the expectation that universities and colleges will be able to find savings for both the provincial government and for unions is going to create strife during negotiations.

"This is the flexibility you've given us, and then you remove all the flexibility," he said of the government's proposal. "Now I doubt we're going to see faculty at the research university marching the picket line over this, but what happens is that thing that just keeps eating away at the desirability of B.C. as a place to [work]."

The collective bargaining agreements for the faculty association at the five major B.C. research universities—the University of British Columbia, the University of Victoria, Simon Fraser University, the University of Northern British Columbia and Royal Roads University—all expire this year.



# Arts.

## A masterful medley

Scholarship winners play music from around the globe in Arts at One

By Kealy Doyle, Contributor

This week's Arts at One audience was treated to a whistle-stop tour around the musical globe, with interesting contemporary compositions from Austria to Brazil to Vietnam. The music department's scholarship winners proved exceptionally competent guides, playing with skill and gusto.

First stop was Vietnam, courtesy of composer Pham Duy's "Hen Ho." Andrew Stevens was impressively acrobatic on the guitar and off, kicking his heels in mid-air as he entered stage left. His harmonics were delicate, his trills skilful, and the sound flowing. This was a sombre, reflective piece with, to the untrained ear, a little bit of the Andalusian air of previous weeks. Stevens ended his performance with another mischievous kick.

Next was a glimpse of home, with a piece from one of Canada's most significant composers, Harry Somers. Jessica Shen handled this interesting, moody piano work with utter confidence. It attained the unexpected and deserved its title, "Strangeness of Heart." It was an impressive performance from Shen, but a tense work which kept the audience slightly off balance.

If Somers kept them off balance, Austrian composer Jenő Takács toppled the audience entirely in Shen's second performance. "When the Frog Goes Wandering" was also aptly named, veering all over the keyboard in a tumbling, erratic outpouring of notes. At a minute and a half, it was a mercifully short journey, but kudos to Shen for delivering another challenging piece.

It was off to Brazil next, with classical guitar duo Irish Montemayor and Tim Zacharias. They began Celso Machado's exotic "Marchinha de Carnaval" steadily and with measure. Zacharias silently kept pace with his foot, and the two remained in perfect unison throughout the piece. It was deceptively simple, enjoyable, and upbeat. Zacharias couldn't mask a grin over the closing chords.

The duo continued to keep things simple with their second performance. "Lesson for Two Lutes," an anonymous piece, was an exercise in keeping excellent

time—something Montemayor and Zacharias had clearly mastered. It was short and sweet, and a nice demonstration of the pair working in harmony.

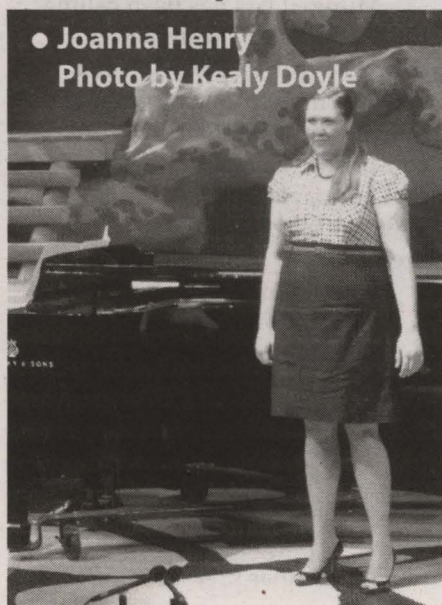
The scene shifted to Europe with mezzo-soprano Joanna Henry's rendition of "Maria Wiegenlied," by German organist Max Reger. This beautiful lullaby was hugely popular in its time and sold more copies than all of Reger's other works put together. It is not difficult to hear why either. Henry's sweet, girlish voice was well suited, and Jessica Chiu provided a fine accompaniment on the piano.

We detoured to green old England with Henry's performance of Roger Quilter's "June." Quilter is known for his light art songs, and this was a particularly nimble, pleasant example, which Henry and Chiu handled well.

The final stop on the tour was Hungary, and what a stop it was! Williams Budhiharto demonstrated complete mastery of Franz Liszt's "Les jeux d'eau à la Villa d'Este." This was indeed a fountain of a piece, with wonderful, trilling chords and flurried notes which cascaded, slowed, tripped, and built again to a quivering rush. Budhiharto did some excellent work at the treble end of the piano, which must have required marvellous concentration. It was a tremendous finish.

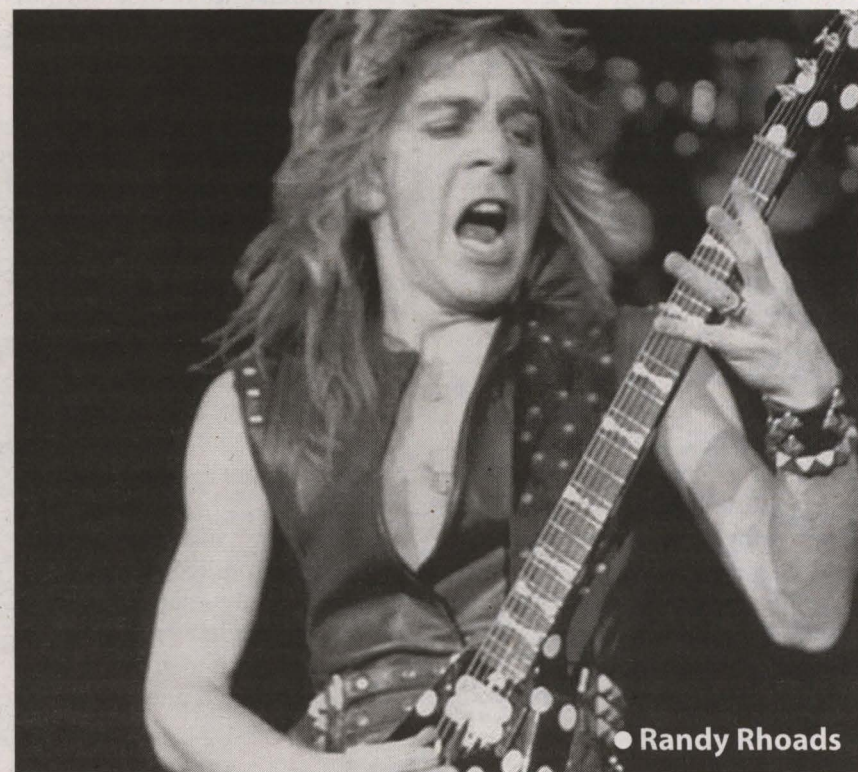
The Arts at One series continues on March 29 with the award winners' concert. Performances are free to attend and begin every Thursday at 1 p.m. in the Laura C. Muir Performing Arts Theatre, New Westminster campus.

● Joanna Henry  
Photo by Kealy Doyle



## The Rhoad not to be forgotten

A tribute to Randy Rhoads, one of the world's greatest guitarists



● Randy Rhoads

By Eric Wilkins, Staff Writer

March 19, 1982: Guitarist Randy Rhoads, tour bus driver Andrew Aycock, and hairdresser/seamstress Rachel Youngblood took a joyride in a small plane while en route to a festival. The flight would turn out to be the last thing any of the three ever did, as it went down in flames.

That tragic flight was later revealed to be aided by the fact that Aycock, who was flying the plane, had been on cocaine at the time. Additionally, Rhoads boarded despite his fear of flying, and Youngblood's heart condition certainly made the event a cocktail for disaster. On that day, 30 years ago, three lives were lost in one of the most unnecessary and gruesome of fashions.

But Rhoads' light has not faded since his untimely death. Despite passing away at the young age of 25, and having (by comparison to other guitarists) relatively little recorded material, Rhoads has continued to be viewed as one of the greatest guitarists of all time.

While Rhoads had enjoyed his time in previous groups, namely Quiet Riot, which saw the release of two records in Japan, his shot at North American fame was not to come until 1980. Ozzy Osbourne had just been kicked out of Black Sabbath due to his many highly

publicized addictions. Osbourne then set out to create a new group, and while auditioning guitarists, happened to have the young Rhoads come by. "He plugs in his amp and starts doing these finger exercises. I almost cried he was so good," said Osbourne in his 2010 autobiography, *I Am Ozzy*. With that brief and highly erratic (on Osbourne's part) audition, Rhoads became the new guitarist for Osbourne's "solo" project, The Blizzard of Ozz.

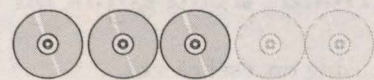
It was during his time with Osbourne that Rhoads finally got to shine. With Quiet Riot, Rhoads' desire to incorporate the classical scales he had learned so well as a child was more or less stifled. However, with Osbourne, it was a completely different story; Rhoads was given the creative freedom he needed, allowing him to help develop the sound that would later become known as neo-classical metal. Such was with one of Rhoads' best known contributions during that time, which would result in the timeless classic, "Crazy Train."

Rhoads has since always been viewed as a prolific guitarist. While his time in the spotlight was a flash in the pan in the grand scheme of things, he has managed to leave a lasting impression on the music world that will not soon (if ever) be forgotten. Rest in peace, Randy.



## 'Zeus' has trouble living up to their namesake

By Angela Espinoza, Arts Editor



On March 23, Toronto-based group Zeus released their second album, *Busting Visions*. The Canadian quintet, known in part for backing Broken Social Scene's Jason Collett, have had ample time to spread their wings, so to speak; what's the result?

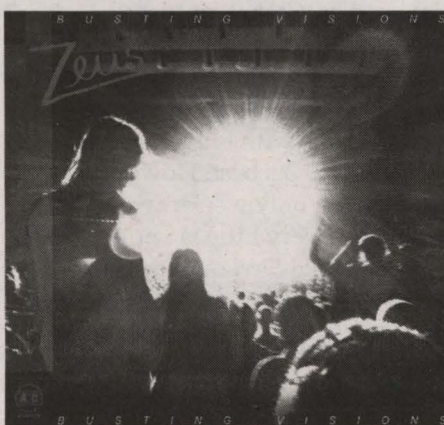
Right away, it's clear that Zeus really dig classic rock. *Busting Visions*, from start to finish, is full of musical chimes and nods that scream 1970s. Tracks like "Let It Go, Don't Let It Go" and "With Eyes Closed" feature takes on classic rock songs, with the latter something of an updated take on "Stairway to Heaven," chords and all.

The members of Zeus each hold their own singing talents, with the singer of each song interchanging throughout the album. On top of that, Mike O'Brien, Carlin Nicholson, Rob Drake, and Neil Quin respectively swap their

instruments in accordance to whose singing.

Even if the sound is out of date, the group maintains some spectacular vocal and guitar skills in each of its members. However, again, the sound is so *yesterday* it almost seems as if the group, despite their immense talent, are in it for comedic purposes (the fact that each member wears a superb moustache doesn't help either).

Still, any respective classic rock fan will want to give the album a listen. Whatever Zeus' initial reasoning for their sound, they do a damn fine job of presenting it.



## Happy to listen to you

By Angela Espinoza, Arts Editor



Swedish band Miike Snow released their sophomore album *Happy to You* on March 27. It's been three years since the electropop group's last release, but the album was definitely worth the wait.

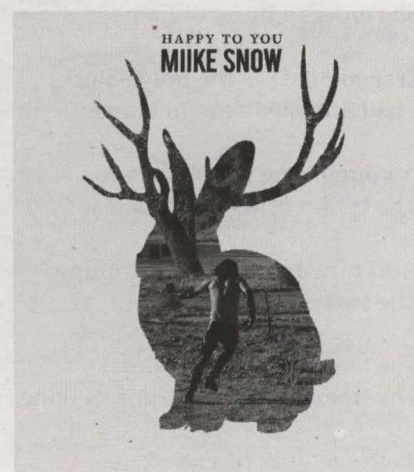
*Happy to You* features a healthy mix of upbeat music to somewhat darker tones written in the lyrics. Songs like "Devil's Work" and "God Help This Divorce" attempt to recreate the supposed satanic tampering of a break up and track the leading up to and result of a necessary divorce, all while chipper orchestrations back the tragic tales.

Tracks that could find success as singles include "Bavarian #1 (Say You Will)," which maintains a steady chorus of marching snare drumming, a gentle whistle, a wistful cry of the words, "Say You Will." "Archipelago" also features a far more radio-friendly pop sound than the rest of the album—piano heavy and all-around fun to

sing along to.

The group shares all song writing credits on the album, but what really sells the songs are lead singer Andrew Wyatt's high and careful vocals. Of course, the other two-thirds of the group, Christian Karlsson and Pontus Winnberg, better known as Bloodshy and Avant, with their long history in pop song writing and producing, certainly earned their overall credit.

Despite the occasional issue of perhaps maintaining to calm a sound throughout the album, *Happy to You* is nonetheless an excellent listen.



## Still hungry or wanting more?

'The Hunger Games' satisfies the appetite, but lacks passion and action

By Stephanie Trembath, Public Relations Manager



After months of anticipation, the film adaptation of Suzanne Collins' highly acclaimed novel, *The Hunger Games*, was released into theatres on Friday, March 23, amid screaming teenagers and die-hard book fans.

Reminiscent of Stephen King's *Running Man*, Collins' novel was terrifically represented onscreen thanks to the direction of Gary Ross and its entourage of talented actors selected to portray Collins' characters. With admirable actors such as Stanley Tucci (Caesar Flickerman), Woody Harrelson (Haymitch Abernathy), Elizabeth Banks (Effie Trinket), Donald Sutherland (President Snow), and even Lenny Kravitz (Cinna), if you don't like the novels or didn't read the books, there is a chance you will want to see the movie.

The first movie released of the three part series, *The Hunger Games*, succeeded in direction, pacing, and cinematography as Ross and Collins worked closely together to capture the exact setting of the novel. The

movie is introduced with short clips from District 12, and the daunting and anxious fervor Collins writes so well was fully captured on screen. Impressive filming and character performances brought narrative aspects of District 12 to life with the same desperation and raw energy of George Orwell's *1984*. In direct and immediate contrast, the making of the Capitol, featuring Effie Trinket (Banks) and Caesar Flickerman (Tucci), surprisingly held true to the descriptions from the novel. The ridiculous costumes and elaborate setting of the Capitol were creatively detailed and added a bit of flavour to the film compared to the scenes filmed in the bush.

Slightly gruesome, and somewhat violent, *The Hunger Games* falls into the same teen-cult category as the *Twilight* series, only with the addition of Big Brother. Model-turned-actress Jennifer Lawrence was mesmerizing in the role of Katniss Everdeen; the courageous rebel from District 12 who steps up to take her sister's place in the bloody battlefield of the Hunger Games. Despite the lacklustre romance that develops between herself and Peta (played by Josh Hutcherson), Lawrence did

a wonderful job of capturing the strong and benevolent charisma of Katniss Everdeen. Much like the novel, the build-up to the games took up the majority of the first half of the movie; unfortunately, the games on screen seemed much too short. The violence and gore of Collins' novel did not come through on film, perhaps to satisfy the younger audience and stick to the PG-13 rating, but it hugely hampered the impact of the games and the ending of the first major film.

I give *The Hunger Games* a B+ rating, mostly for the impeccable cinematography and artistic details to setting and the characters, and the addition of Woody Harrelson to the cast as Haymitch—his small role in the film boosted the dwindling romance between Katniss and Peta, which I assumed would be more overtly done. I am not a *Twilight* fan, but I was expecting a similar level of romance between the two characters, which may have been the fault of choosing Hutcherson to play opposite of Lawrence. The lack of violence and action scenes in the games was another let down in the film, as it is such an integral aspect of the novel. *The Hunger Games*

represents a modern day epic of gladiator fights in a dystopic world where Big Brother dominates, and I just did not feel this theme resonate in the movie.

Thanks to the brilliant direction of Ross, *The Hunger Games* closely mirrored Collins' novel, but with the lacking passion between integral characters and action on the battlefield, I am not sure I will pay to see the next one.



• Jennifer Lawrence in *The Hunger Games*



## Poetic pause: A poem of fire and ice

By Angela Espinoza, Thrones Editor

Beyond the Wall lies Winterfell  
Ruled over by House Stark

The golden heads arrived one day  
Determined to leave their mark

Far away, in exile  
The last two dragons wait

One following her destiny  
The other tempting fate

Tragedy strikes her kind heart  
She enters a burst of flame

Tragedy strikes the noble Starks  
The Lannister's are to blame

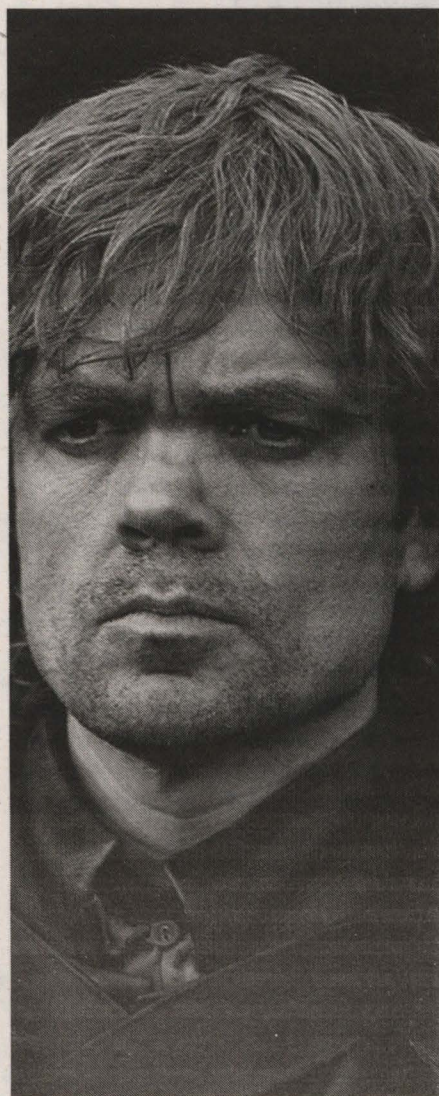
A young king rules Westeros  
The tyrant brings forth a war

And now that winter is coming  
The stakes raise ever more

The fiery rage of a Khaleesi  
The freezing and breaking of bones

Such can only be expected  
In this, the game of thrones

Season two of *Game of Thrones* starts  
Sunday, April 1 on HBO.



## All aboard the good ship bandwagon!

I've got a sinking feeling there's a Titanic trend going on

By Angela Espinoza, Arts Editor

April 15 marks the 100<sup>th</sup> anniversary of the sinking of the RMS Titanic. The historic disaster has been replicated dozens of times for film and television, most famously in the 1997 James Cameron epic *Titanic*. *Titanic* will be re-released into theatres on April 6, in 3-D, in commemoration of the event. Additionally, two television series' based on the Titanic will also attempt to recreate the horrific event for our viewing pleasure: *Titanic*, which premiered on Global on March 21, and *Titanic: Blood and Steel*, which will be airing some time in April.

Both *Blood and Steel* and *Titanic* are miniseries' with budgets akin to some of HBO's best. However, despite being only weeks away from its premiere, very little is known about *Blood and Steel* outside of

Focusing on a set cast of characters is essential for the audience to get immersed in the story, but to put a legitimate fraction of the ship's passengers in the spotlight just turns the end result into an inaccurate anthology that alienates everyone in the end. Thus is the reason setting a fictional romance aboard the Titanic has become the accepted norm of retelling the story, such as with the characters of Jack Dawson (Leonardo DiCaprio) and Rose DeWitt Bukater (Kate Winslet) in the Cameron film. Despite its innovations, Cameron's *Titanic*, much like *Avatar* (2010), has since been regarded of being—to put it lightly—somewhat overhyped upon its initial release. Still, it's doubtful that anyone will ever come as close as Cameron did to balancing the immense tragedy of the wreck with the emotional end to Jack and Rose's love affair.

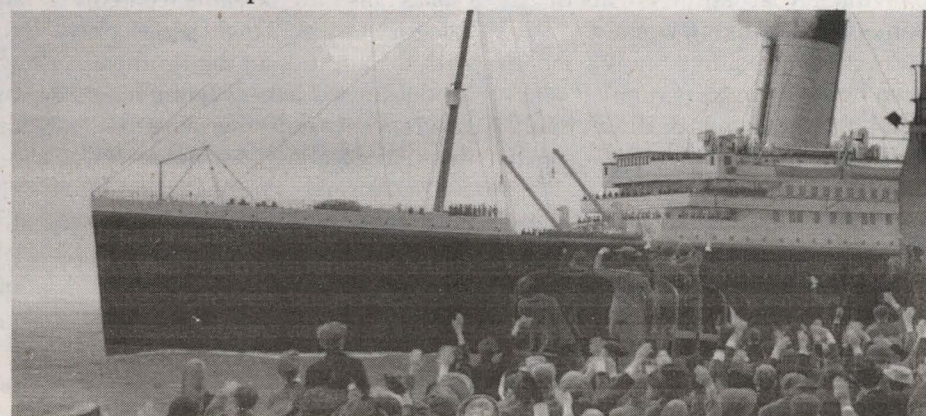
**"Regardless of the end result, the weight of the Cameron film is going to make overall response to any modern take on the Titanic hostile to some degree; it's simply impossible not to compare."**

members of its cast (David Jacobi, Neve Campbell, Chris Noth) and 12-episode length. *Titanic* on the other hand, having already launched, has been receiving lukewarm reviews.

*Titanic* is a four-part Canadian-Hungarian-UK co-production set fittingly to end the week of the centenary. The series' initial claim to fame was that it was written by Julian Fellowes (*Gosford Park*, *Downton Abbey*). However, critics have been much less enthusiastic to his take on the ship's sinking. With a "main cast" of nearly 100 actors, *Titanic* takes the unique approach of following a different set of characters' perspectives each episode, always ending on the crash. This style of story telling has led to most of the mixed responses; the main criticism being that *Titanic* focuses far too much on the class distinctions of those aboard the ship.

Regardless of the end result, the weight of the Cameron film is going to make overall response to any modern take on the Titanic hostile to some degree; it's simply impossible not to compare. Not to say that no one should ever try their hand at adapting the story because of Cameron, but if they're going to take on such a project, they better have a good story to tell. An anthology set aboard the Titanic isn't a bad idea by any means; it's just as shame that the end result presents caricatures rather than actual characters.

*Titanic* may be its own disaster, but there's still some hope for *Blood and Steel*. Although less insensitive name change wouldn't have gone amiss, but at least it doesn't share its title with the theatre production premiering this year entitled *Iceberg—Right Ahead!*





## What's the deal with gluten-free?

An inside look at the hottest new diet trend

By Allie Davison, Staff Writer

Gluten-free has been popping up everywhere lately. There are gluten-free aisles at the supermarket, gluten-free menus at restaurants, gluten-free cookbooks taking over the shelves, and gluten-free blogs all over the Internet. More than one of my friends has kicked wheat out of their diet, apparently for good. The results have been mixed. One friend, with a combination of exercise and other healthy eating habits, lost 10 pounds in a week. But another noticed no weight difference after two weeks. Before I jumped on the wheat-free bandwagon, I needed to do some investigation of my own. Here's what I found out.

### Is wheat the worst?

Well, the reviews are in. And, sorry wheat, but things are not looking good for you. Although having wheat in your diet may not be the end of the world for everyone, doctors all over the world are

finding that wheat intolerance, if not a full-on wheat allergy, is common in many people.

The Canadian Celiac Association website defines celiac disease as "a medical condition in which the absorptive surface of the small intestine is damaged by a substance called gluten." Their website also states that only one in 133 people in Canada are affected by celiac disease. But, sadly, us unceliac folks aren't out of the woods quite yet. Experts in the gluten-free world now think that there are a whole range of gluten intolerances out there—with symptoms being anything from acid reflux, to asthma, to bloating, or even as severe as diabetes.

So, in short: yes. I've clearly discovered that wheat is the worst.

### Gluten-Free Strawberry Shortcake

I'm a big fan of wheat. So, if I do give it up, then I'll need to find some tasty treats to tide me over as I adjust my new diet. I made this Gluten-Free Strawberry Shortcake

over the summer, when I was a summer intern at the Royal City Farmers Market. And, surprisingly, it was pretty damn good—and easy to make too!

½ cup unsalted butter, room temperature  
1 ½ cups sugar  
3 eggs  
1 ½ cups Multi Blend gluten-free flour mix  
1 teaspoon guar gum or xanthan gum  
½ teaspoon baking powder  
½ cup gluten-free sour cream  
1 teaspoon vanilla extract  
Confectioners' sugar for dusting top of cake  
Whipping cream  
Strawberries

Preheat oven to 350°F. Butter and flour a cake pan.

Cream butter and sugar in a medium bowl on high speed until pale colored and light in texture. Add eggs one at a time, blending well after each addition.

Sift flour, xanthan gum, and baking powder in a small bowl. Add flour mixture to creamed mixture, alternating with sour cream. Add vanilla and mix well.

Bake for one hour and 30 minutes, or until a toothpick inserted near the centre comes out clean with a few crumbs clinging to it. Let cake stand for 10-15 minutes in the pan before turning out onto a cooling rack.

When cake is completely cool, sprinkle with a light dusting of confectioners' sugar using a fine mesh sieve. (Original recipe: [www.cookingglutenfree.com/2010/05/strawberry-shortcake-thats-gluten-free/](http://www.cookingglutenfree.com/2010/05/strawberry-shortcake-thats-gluten-free/))



## Stuck in Purge-atory

A gross cupboard and bad karma

By Laurel Borrowman,  
Life & Style Editor

This week I had big plans. Too big. After some humming and hawing over what to get rid of for this week in purge-atory (admittedly, I may be nearing the end), I decided on something.

Our bathroom is relatively tidy; there isn't much space to store anything. We don't have any closets, or "storage solutions" or anything like that. We have a standing shelf that we stack the towels and soapy things on, and one large wall cupboard that holds all of our cosmetic-type things, mostly hair goop of various sorts. The setup of the bathroom is all off in terms of feng shui, but I'm guessing that the folks who built the place back in the '20s didn't do so with zen at the forefront of their plans.

That said, we do have storage underneath the sink, and that is where the clutter lives. It's the medicine cabinet/waxing strips/tensor bandage/gaudy bracelet/Hallowe'en makeup/Thai back medicine cabinet, and a prime candidate for Purge-atory.

After explaining my plan to our fearless leader, Cody, I received an intrigued reply, wondering what kind of "pre-war medicines" and "DIY chemicals of mass destruction" could be living under there. Which started to make me nervous, not because I thought my bathroom would spontaneously combust if I started rummaging around in the space, but because I thought I might be biting off more

spend the next week in quarantine. Either way, I decided to just keep the door closed for another week. Cop out? Yes. Do I regret it? No.

Either way, I got some bad karma out of it. My failure to spring into action may have been the cause of what actually got purged this week in a Purge-atory special edition, the Accidental Purge! The week didn't pass without losing something, albeit unintentionally.

**"The setup of the bathroom is all off in terms of feng shui, but I'm guessing that the folks who built the place back in the '20s didn't do so with zen at the forefront of their plans."**

than I could chew.

I got all geared up and ready to purge, and I chickened out. It was too much. It was like the rejects of every nook and cranny in every part of your home, all concentrated in one square metre of dark, dingy (and evidently a bit soggy in some places; time to call the plumber?) hole. It seemed like a situation where I would have to don gloves and a mask to sort through it all properly, or just dump it all in a garbage bag and be rid of it while I

I was riding the SkyTrain to class, bleary-eyed on four hours of sleep (it's crunch time, you feel me), writing portfolio (about 18 inches by 20 inches, one of those black, zip-up cases with a handle on the spine) in hand, ready for a draft presentation to my instructor. The case cost me a pretty penny a few years ago, but more importantly the contents—writing samples, several hours of cut-and-pasting to lay out a spread of said samples, etc—are most valuable.

My train, traveling from Commercial and Broadway bound for New Westminster, was going into maintenance at Edmonds, so I had to transfer trains a few stops early before getting back on to arrive at school.

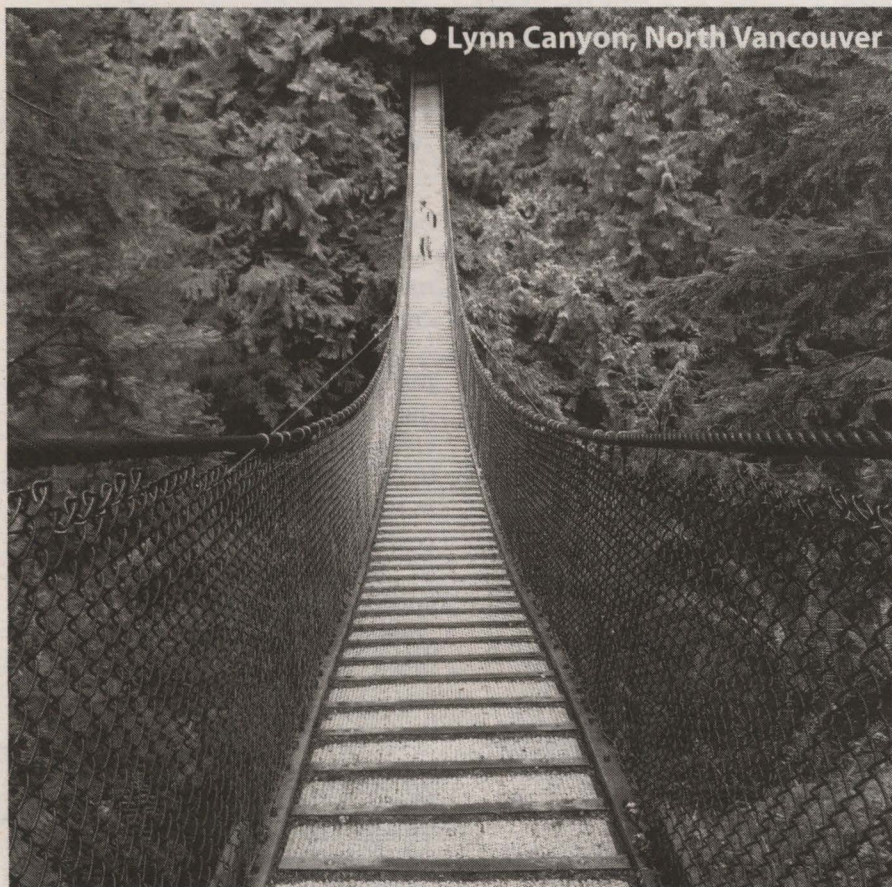
This was the morning of mornings for my transit routine to have a hiccup, and so when I got off, and got back on the next train, it took me one more stop to say to myself, "Self, you seem pretty unfettered right now. Did you get onto the train with..."

Shit. So, I left my portfolio sitting on the SkyTrain. I contacted TransLink Lost & Found (lovely folks, by the way) right away, and I'm sure I'll get it back. On the other hand, [EXPLETIVE!]. A long string of profanities followed my conversation with the TransLink folks.

Indeed, the objective of Purge-atory is to be unfettered; although if I've learned anything this week, it's that I should just pick the plan, and stick to it, no matter how gross the ugly underbelly of any cupboard is.



## Take a hike



By Laurel Borrowman,  
Life & Style Editor

It's the most wonderful time of the year. School ends soon, the sun is coming out (alternating with snow and sleet for a while it seems, but that's just the fun of the part of the world that we live in), and did I mention school ends soon?

I am graduating this year. It's hard to express in writing how excited I am about it without there being a special font for it. Like this snow/sun thing that's been happening throughout March, it's

**"None of them start with 'g' and end with 'rouse grind,' so take heart in that. The point is to get outside, move around, and enjoy yourself, not to induce hatred for the great outdoors while having a heart attack."**

an emotional rollercoaster. It isn't easy to focus on the positive things during this time of pressure, when it feels like everything is converging to come to one epic climax. Throw a spastic lower back into the mix, and I feel like the only thing I'm really well-rounded at is tolerating pain!

If you are anything like me, you spend a butt-load of time sitting in an ergonomically incorrect chair, squirming, stretching, and agonizing over how stationary your body is. Getting up and shaking the cobwebs out would be amazing, but there's just no time for it. If this doesn't describe you, then you are either super lucky or *super* lucky.

Last year when I started to feel lower back pain, that was one

thing. But one day, I started feeling a stabbing pain in my ribs so strong that I was pretty sure I was dying; at least that's what the Internet told me after some quick Googling. A quick visit to the doctor told me it was just muscle spasms, and I needed to get more active.

I didn't feel like I could fit the doctor's prescription for regular physiotherapy into my schedule, so started doing my own homemade version: sit-ups, push-ups, squats, stretching a bit, and lifting some light weights, in hopes to strengthen my core, mostly my lower back.

I started doing this routine every weekday morning for about 20 minutes while the coffee perks and the oats cook. It starts my days nicely, it makes me feel good, and I've become noticeably stronger in some ways. Despite all of this though, my good habits have proven one thing more than anything else: the best cure for a body that hurts from sitting all day? STOP SITTING ALL DAY.

The days are getting longer. The sun will shine more. You will indeed have consecutive hours in the day when you will not feel guilty being away from your homework, because you won't have any homework. So get outside!

We live in a beautiful part of the

world. We have big beautiful trees, we have rugged hills, we have peaks and valleys and fields. We have beaches and oceans, and most of all we have a tonne of space for all of this.

Want to get back to feeling sane at the end of this semester? Do yourself a favour and go for a hike. Hit the gym, hit yoga class, hit all those things. But for me, and for a lot of regular folks, the thing that will get you back to feeling natural again is doing something that is natural: Walking! Walking with intent. Walking up and down steep things surrounded by plants and animals and nature and fresh air. And that's what hiking is. I dare you to find something else to cure your end of term body woes better than a hike outside.

It can be intimidating, so I made a little guide for you. Here are three of my favourite hikes in the Lower Mainland, of varying length, location, and skill level that will hopefully get you jumpstarted. None of them start with "g" and end with "rouse grind," so take heart in that. The point is to get outside, move around, and enjoy yourself, not to induce hatred for the great outdoors while having a heart attack.

### Lynn Loop Trail

**Location:** Lynn Canyon, North Vancouver

**Length:** 4 km (approximately 45 minutes, depending on how determined you are)

**Terrain:** Easy to Moderate

**Scenery:** Jaw droppin'

One of the most serene, secluded, and accessible urban hikes, Lynn Canyon is my go-to. Despite that it seems to be pouring rain every time I go (it is in North Van, after all), the trails are well-maintained, save the odd bunch of tree roots. Boardwalks connect the questionable parts of the path, and chain link fences line the canyon edge, so no, you aren't going to fall in unless you really try. Two bridges (one of them suspension, and it's free. So eat that, Capilano!) span the canyon so you can soak in the scenery of the rushing waterfall, the river, and the massive conifers, all while challenging yourself on some stairs and a hill or two. The layout of the trail also makes it easy to hike for much longer or much shorter than four kilometres. For more info visit [lynnecanyon.ca](http://lynnecanyon.ca)

### Buntzen Lake Trail

**Location:** Buntzen Lake, Tri Cities

**Length:** 8 km (approximately 3 hours, depending)

**Terrain:** Easy peezy

**Scenery:** Eye poppin'

The best part of this trail is that while it's long, anyone can do it because the terrain is easy. There is very little elevation gain, the path is clear well-maintained, and it just meanders by the lake. The view is lovely and because it's longer, gives you more time to expel the mental clutter of school, and flood your brain with the important stuff like squirrels and leafy tree branches and such. It's even accessible by bus. Pack a lunch and make a day of it. For more info, visit [vancouvertrails.com/trails/buntzen-lake/](http://vancouvertrails.com/trails/buntzen-lake/)

### Elfin Lakes

**Location:** Garibaldi Provincial Park (by Squamish, about 1 hour 30 minutes from Vancouver)

**Length:** 22 km

**Terrain:** Intermediate

**Scenery:** I'm-abandoning-my-life-in-the-city-and-moving-to-the-mountains. That good.

If you are serious about kicking that sore body of yours, this hike is for you. Although you may be a hurting the day after, this is the one to get the cobwebs out. I know you're saying, "22 kilometres? That's ridiculous!" It's not ridiculous, it's gorgeous, and you should try it. Plus, you *can* do it!

While it does require some more resources than the previous two hikes, like a car, proper running shoes or hiking boots, and a full day to complete the train, it's a trek that you'll remember forever no matter how much you are cursing the blisters on your heels at kilometre five. I've snowshoed this trail in the winter a few times, which is a whole other story; I recommend that your first foray into this alpine dreamland be in the summer, ideally between May and October. There are some steep areas, but you won't be scaling rock faces. The trail weaves deep into Garibaldi Provincial Park and thus, the mountains, and real seclusion. One-way is about 11 kilometres, so depending on your gusto, it will take about three to four hours to hike from the trail head to the hut (a big, rustic cabin maintained by Parks). The good news is that the return is all downhill, and tends to take less than half the time. If you are feeling particularly adventurous, bring your bathing suit and go for a swim in the lake at the end. Just remember, it's at elevation, so prepare to get your brrr on. For more info visit [vancouvertrails.com/trails/elfin-lakes/](http://vancouvertrails.com/trails/elfin-lakes/)



## College Cooking

### Fly phytochemical facts; Sooper green smoothie

By Joel Mackenzie, Contributor

"Contains an obscure phytochemical that might do something in your body!"

"Contains antioxidants that have been proven to prevent cancer maybe!"

Phytochemicals and antioxidants are often name-dropped to sell products. What are they, and what do they really do in the body? And are supplements as healthy as natural sources?

"Phytochemicals" is a broad term used to describe chemical compounds occurring naturally in plant foods which give plants their properties, such as colour, aroma, and taste. They work in many different ways: they can perform antioxidant or hormonal actions, stimulate enzymes (an action of vitamins), interfere with DNA replication (which can prevent the replication of cancer cells), have antibacterial properties, and bind to cell walls to prevent damage. These processes are very complicated, and performed at a cellular level. Two well-known types, and prime examples of phytochemicals include flavonoids and carotenoids.

Flavonoids are a subtype of phytochemicals which perform hormonal actions and are being studied to find whether they can prevent chronic diseases. Phytoestrogens, for instance, are believed to play a role in the protection against hormone-dependant cancers such as prostate and breast cancers; these can be found in soy, garbanzo beans, and whole grains (and, while they do mimic estrogen in the body, they won't interfere with natural male/female sexual development). Epicatechin is another type which may improve blood flow/cardiac health. Flavonoids can also perform antioxidant functions (described below).

Carotenoids, another subtype of phytochemicals, give fruits and vegetables their yellow, orange, or red colour. These can be found in many types, including alpha-carotene, beta-carotene, beta-cryptoxanthin, lutein, zeaxanthin, and lycopene. These enhance the function of the immune system, assist in the functioning of the reproductive system, and act as antioxidants.

Antioxidant actions are actions performed by phytochemicals which prevent damage caused by free radicals, harmful compounds which can cause damage when reacting with components in cells.

They interfere with the free radicals' damaging processes. According to The National Cancer Institute, there is laboratory evidence which suggests that antioxidants can slow or prevent cancer development, but clinical trials have proved inconsistent.

Phytochemicals are a staple of a healthy diet; they perform complicated actions which help the body live and thrive. But The American Cancer Society emphasizes that there is no evidence that taking phytochemical supplements (which includes vitamin supplements) is as healthy as consuming the plant compounds from which they originate. Many other resources also conclude that the healthiest way to consume these is through whole, natural foods.

So don't buy into any product saying it contains phytochemicals or antioxidants (I'm looking at you, energy drinks). These are simply a part of plant foods, and supplements are not as healthy as natural sources.

I conclude the same way that many have in the past: eat as naturally as possible, and base your diet on as many unprocessed, plant-based foods as possible.

And speaking of natural, unprocessed, plant-based foods...

#### Sooper Green Smoothie

I made the following recipe to mimic those little, expensive, green smoothies available in supermarkets and the Douglas cafeteria. Green smoothies appear to be an acquired taste; but if you like those little ones, or want to try something new, give this one a shot. Or a whole glass.

The cashews add monounsaturated fatty acids (often called "healthy fats"), add creaminess; soaking them in water for anywhere over an hour makes them easier to blend. The spinach creates the awesome green colour, and is hardly recognizable under the fruit flavours. The celery adds a nice cool top flavour.

Try experimenting with ingredients for your own green smoothies: pears or peaches, celery, and ginger; bananas, strawberries, and spinach; cucumber, apple, and banana; or grapes, orange, banana, and kale.

The following prices were taken from Kin's Farm Market, except for the following items, bought at Save-On-Foods: the cashews (bulk), the apple sauce (Mott's, 796 ml), and the lemon juice (Western Family, 946 ml).



Ensure all vegetables are thoroughly washed before use, including those with a skin (cutting through the skin will push whatever is on it through to the insides).

#### Sooper Green Smoothie (Makes two servings)

7 soaked cashews (about a tbsp) \$0.38  
3 tbsp water

1 banana \$0.40  
½ anjou pear \$0.13  
½ naval orange \$0.10  
1 tbsp unsweetened apple sauce \$0.06  
1 tsp lemon juice \$0.02

½ cup water  
1 cup packed, fresh spinach \$0.35  
2 ribs celery \$0.11

Total: \$1.55

Blend the cashews and 3 tbsp of water until smooth. Add fruits, lemon juice and water, blend. Add vegetables, thoroughly blend and watch the colour transformation. Consume.

#### Nutritional info (1/2 of total):

Calories: 164 cal  
Fat: 3.5 g  
Protein: 3.6 g



# Feature.

• Port Coquitlam Community Garden

Gardening.....  
just another day at the plant...

## Growing into green: Urban gardening for the broke and backyardless

By Sharon Miki, Assistant Editor

**G**ardening ain't just for grandma anymore. As the seasons sway into spring and hunger pangs rumble in the proverbial tummies of college students everywhere, the natural inclination is to trade in nutritious-yet-expensive, fresh, local organic produce for cheap frozen burritos and Tanqueray. Is there not a better way to live?

While I doubt many of us have the resources to harvest enough crops to sustain us entirely, with a little planning and preparation it is most definitely possible to grow a little garden and—in the long term—maybe even save a little green. Whether you've squished your collegiate self into a tiny shoebox in the sky or you're dwelling in the underground depths with the basement people, ample land for harvesting might be closer than you think. The key to growing your own delicious and nutritious foodstuffs and oxygen-enhancing vegetation might just be in your own backyard—even if you technically don't have a backyard. But how can you get started?

### Urban Gardening

Executive director of the Vancouver-based non-profit organization City Farmer Michael Levenston spoke to *The Other Press* about the keys to growing in small spaces. Levenston and City Farmer ([www.cityfarmer.info](http://www.cityfarmer.info)), have worked to encourage and help

people grow food in the city for the past 34 years.

No matter where you live, Levenston explains that the keys to successful gardening are simple: sunlight, good-quality soil, and the desire to grow.

"[Urban gardening] isn't hidden. I think the hidden thing is the awareness that people can do it—that they can get started," Levenston says, noting that once you have the supplies, it's easy to find help, whether it's online, through YouTube, through books, from classes (City Farmer offers free city gardening demonstrations in Vancouver), or from just talking to someone. "Try something, talk to anybody around and you'll find that someone you know has a green thumb and is ready to help you."

Once you've made the decision to start growing, you must decide which method of urban gardening best fits your situation. Urban gardening can cover a lot of, well, ground, but for our purposes, we will use the term to refer to container or apartment gardening, and community gardening. Each of these avenues allow the space-limited to plant and enjoy a garden in some form.

### Apartment Gardening

"If you can put dirt in it, you can grow something in it," urban gardener Lindsey Klock told *The Other Press* while tending her window garden of succulents—water-retaining plants like aloe and cacti that flourish indoors during

winter months.

Klock, who has been apartment and balcony gardening year-round for about three years, noted the multiple values of urban gardening for the young and broke. "First of all, for students, gardening is a great, productive way to procrastinate. It's amazing stress relief."

Also, aside from the therapeutic benefits, she explains the more practical advantages to the hobby: "There's something super satisfying about living in a small apartment and picking fresh food from your patio. When it comes to balcony gardening, sure, it's definitely lesser quantities—but it's amazing when you're shown what it takes to get a few pounds of something. It makes you appreciate your food more.

"But it definitely tastes better... you pick a strawberry off your plant and eat it and it's incredible. You're not eating genetically-modified fruit—you're eating the actual fruits of your labours."

For Klock, the secret to urban gardening on a tight budget is to be resourceful and inventive with your supplies. "If you plan and look around, you can do almost everything for cheap. Just be creative to find ways to recycle things for free." Indeed, Klock's small Vancouver apartment is rich with the kitsch of imaginative gardening. Even in still-chilly early March, the space is strikingly alive, with greenery dispersed throughout the indoor and outdoor space in everything from mason jar terrariums to handcrafted vessels to







planters abandoned on the street.

Klock gets most of her gardening supplies from the dollar store (where she picks up seeds and tools), from Craigslist ("cheap balcony stuff from rich people who don't want it anymore"), and from friends' clippings.

"If you see something that someone else has, don't be shy to ask for a clipping," Klock says. Clippings, or small pieces of an existing plant, can be planted in your garden to create your own—at no cost. "Clippings work especially well for viney-type plants."

When it comes to soil, Levenston and Klock both agree that quality is important—and often one of the larger costs associated with container gardening. If you're not squeamish, however, Douglas student Karin Keefe recommends composting your food scraps to make your own rich, quality soil.

## Community Gardening

If you don't want to plant in containers—but don't have any space—community gardens might offer an alternative way to grow.

Community gardens are neighbourhood gathering places that are increasingly popular in Metro Vancouver, where land for hobbyist agriculture is often at a minimum. These park-like areas offer residents the opportunity to plant and maintain a small plot of land in their community.

While community gardens offer pre-made plots to garden in, they can be difficult to get into because they're so popular. According to the City of Vancouver Community Services page, "Currently, the demand for community garden plots in Vancouver far exceeds the number of plots that are available." So, if you've got your heart set on gardening in a plot, it's best to contact your local community garden and inquire about spots and waitlists.

## No-Fail Crops for Beginners

So, you're set up and ready to grow—but the last time you tried to care for a plant, your mom's fern turned pink. What to grow?

"If you're brand new at it, start simple," Levenston advises, noting that the easiest place to start is with the makings of a good salad. "Lettuce, greens—many types of lettuce are easy to grow. Also chives [and] small green onions." Similarly, based on her balcony garden experience, Klock recommends other hard-to-screw-up harvests include cherry tomatoes, berry plants, peas, and most herbs.

Aside from fruit and vegetable crops, growing hardy plants like vines and cacti might improve your gardening practice and confidence, while also beautifying your living space during exams.

The real key to starting simple, however, might have more to do

with how you grow than what you grow. Levenston stresses the importance of a solid base of healthy, good soil and lots of light. Once your growing bases are covered, you don't have too get overly ambitious with seeds; although successfully growing plants from seeds might be the cheapest strategy, you can also get bedding plants (basically, baby versions of your plant) from the nursery and transplant them into your soil, where they will grow.

## Timing's Everything

There's no better time than now to start your garden, but certain things grow best in certain conditions and times of the year. Klock advises starting the year by planting bulbs for spring flowers. "Things like crocus' and tulips will come up from the bulbs, and when they're done, you can pull them up, store them, and reuse them next year.

I keep mine in an old coffee can when they aren't in the ground, so you save a lot of money by not buying that sort of thing every year."

In late-March and April, after the last frost has left town, you can start planting warm season vegetables like tomatoes and peppers. Still, if you don't get the timing down perfectly, don't freak out.

"The thing to remember when you first start is to be patient," Klock advises first-time growers. "If something doesn't turn out, that's okay.

"I do a lot of trial and error. I mean, obviously college students aren't our grandparents, so we probably haven't been gardening for 40 years. Don't worry if something doesn't work out, and just enjoy the spoils."



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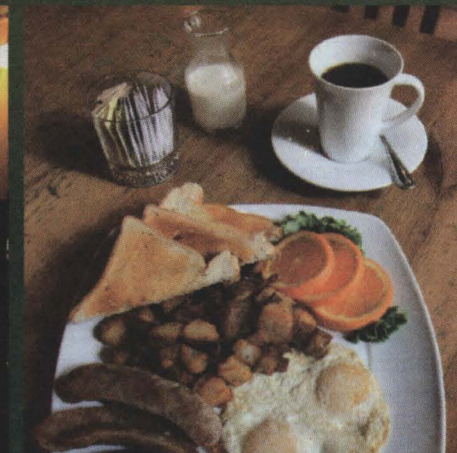
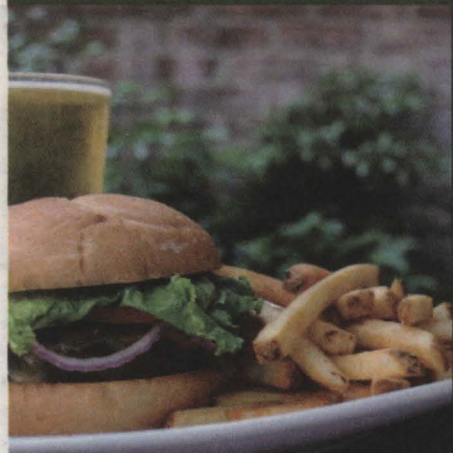


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# Opinions.



## Elections for Representative Committee take over Douglas

By Jacey Gibb, Opinions Editor

Like the temperature outside, the political landscape at Douglas College is heating up. Campaigns for the Douglas Students' Union's Representative Committee have seized both campuses, and those apathetic towards politics in general are now being forced to care about yet *another* level of governing. But while your vote in the federal election may have minuscular impacts, your vote as a student can count for a lot more.

For the 2012/2013 term, there are two platforms running opposite of each other, *Restart* and *Progress*, with additional candidates running independently. Both groups are aiming for similar things (increasing student life at Douglas, petitioning for tuition decreases) but while everything on paper sounds great, I'm here to give a more critical look at several of the political promises being made.

Of course tuition is stupidly expensive and everyone would love for school cost less than it does now, but that sort of a change is out of

our direct control. As much as we hate to admit it, the government and colleges are the ones in charge here. I still think it's important to raise awareness for these issues via things like the National Day of Action, and in the past there have been victories like tuition increase

**"While it'd be great for the Representative Committee to start work on projects that future generations can carry on with, you're a student at Douglas College now. That means you want change to happen now."**

caps, but if someone tells you that they'll lower tuition costs if you vote for them, know they're just fishing for easy votes.

*Restart* is addressing one of my biggest beefs with the college: the Wi-Fi. There's almost no point in trying to access the Internet from your laptop during peak hours, so an improvement to the network seems like a great idea. The college is actually planning to update the system this fall, but something candidate Jill Griffin would like to see is the Wi-Fi extend more effectively into the DSU building as well.

Something *Progress* has attached to their platform is promoting student housing. While the idea of a shorter commute to Douglas is something everyone can get behind, who can honestly say that they would want to live near the school? The campus is a

ghost town after the 4 p.m. mark and most people don't even want to hang around after their classes are over, so I doubt many people are interested in calling Douglas home. The college also has plans for student housing in the future, once enrolment at both campuses near their capacity, but this is something that won't manifest for several years.

A problem with politics is many candidates over promise and under deliver, even when they don't realize it. While it'd be great for the Representative Committee to start work on projects that future

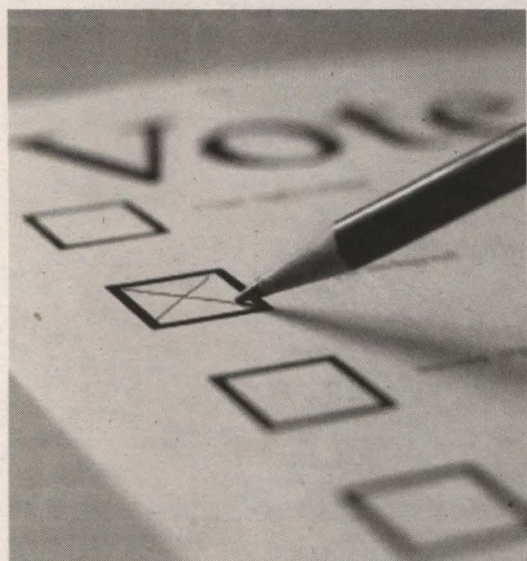
generations can carry on with, you're a student at Douglas College *now*. That means you want change to happen *now*. I don't want the candidates to solve world hunger, but things like reopening the Dougout and hosting more student events are the kind of stuff that voters should be concerned about.

A sure way to secure my vote would be to decrease the amount of spending on DSU merchandise. I'm sure I've gotten about five shirts over the last two years, as well as several water bottles and other little trinkets, including a handy dandy USB drive. While all this stuff is great, it's not going to improve our school or my academic experience in any way.

Voting for the elections started this past Monday, March 26, and will carry on through to March 30 at both the New Westminster and the David Lam campuses, though voting times vary between the two. So start trying to figure out where you put your student ID, think about which candidates can best throw down with the issues that matter to you, and get ready to check off some boxes.



## CALL FOR NOMINATIONS FOR THE FIRST ANNUAL OPIES



Did you have a professor this semester that made your morning class bearable? Where's the best place on campus to catch some zzz's? What restaurant nearby has the best sushi? *The Other Press* is having their first "OPies" awards and we want to hear from you. Send your nomination/category suggestions to [opinions@theotherpress.ca](mailto:opinions@theotherpress.ca) and let your voice be heard. Deadline for submissions is Friday, March 30 at midnight.

## The world does it with the lights off But does Earth Hour really make a difference?

By Jacey Gibb, Opinions Editor

Get your candles and flashlights ready folks because the World Wildlife Fund's annual Earth Hour is upon us. But while you're busy hi-fiving yourself for being a friend to the environment, I'd like to point something out to everyone: the whole thing's a waste of time.

On March 31, the whole world is encouraged to divorce themselves from power for 60 minutes in order to raise awareness for climate change. Each year we're treated to some feel good stats about how much energy was saved thanks to previous Earth Hours and how beautiful it is to see people coming together, but the repercussions are chump change. It's gotten to the point where I'm more opposed to Earth Hour than supportive of it.

You might be wondering what I could possibly have against an initiative meant to help protect the environment. When presented as simply as that, I may come across as a villain, but I have my reasons.

I recycle. I take the bus. I turn shit off when I'm done with it and make sure there aren't any lights left on when I leave in the morning. I could probably do more to help preserve the planet, but I still do more than most people I know. So how is unplugging my toaster and hanging out in the dark for an hour going to help save the world?

Sure, you can argue that Earth Hour is hoping for a ripple effect and that big changes have to start somewhere, but it seems like the event is just a safety blanket for those who feel guilty about not taking any actual action. "How can you say I don't care about the environment? I was a part of Earth Hour last week!"

I'd like to introduce you to the term "eco-warrior mentality." It's used to describe when a person doesn't really care about how effective they are at preserving the environment, but as long as they *think* they're making a difference, they're content. Plus, it's not like climate change is an issue people haven't heard of before. Everyone has already taken a side on whether they believe we're wrecking the planet or if it's just a natural cycle, and those in the first group have already made reductionist changes. You can't expect a *Christmas Carol*-esque epiphany to come over people and watch them suddenly become advocates against climate change just because of an annual PR stunt.

Instead of wasting funds/effort on vigorously promoting Earth Hour, the WWF should really focus their resources on more important things—like actually working to prevent climate change. There are 8759 more hours in the year (8784 if it's a leap year!) so why not let awareness be a year-round thing?

## The battle against bottled water continues Refill stations become the latest weapon in the war on water

By Jacey Gibb, Opinions Editor

In case you just emerged from a coma and have missed the movement thus far, it may interest you to know that if things go according to plan for the Douglas Students' Union, bottled water on campus will soon be added to the college's endangered species list.

The idea to ban bottled water on campuses comes from the Inside the Bottle campaign, which started in Ottawa in 2007. The focus of the movement is exposing the truths behind bottled water, as well as providing information on regular tap water. One of the main injustices people are unaware of is that despite the sizable cost difference between the two types of water, they're often the same. Many companies take regular tap water, bottle it, and then sell it for a sizable profit. Just because a water bottle has a label with peaceful looking mountains on it doesn't mean it's come all the way from a higher altitude to see you.

Since the campaign's inception, extensive amounts of information have been leaking out to the public on how wasteful bottled water is, both financially and environmentally. The

manufacturing and dispersing of bottled water, as well as the waste produced regardless of if the bottle is recycled or not, seems pretty unnecessary when you're talking about a resource that flows in abundance from every tap and faucet.

It's because of these reasons that the Douglas Students' Union joined the movement several years ago. Since then, support for the campaign has come in the form of promotional swag, petition

work together and install more at both campuses.

So far, Vancouver Community College and Vancouver Island University have both banned bottled water sales on campus, proving there's considerable support for the cause in British Columbia.

"We want to enforce the fact that water is a human right and not a commodity," say Cathy Pham and Pat Thibodeau, members of the DSU's Representative

have the option to buy a bottle from the vending machine and reuse it throughout the day. Instead of singling out bottled water, maybe we should be getting rid of vending machines entirely so more focus can be given to sustainable options like refill water stations.

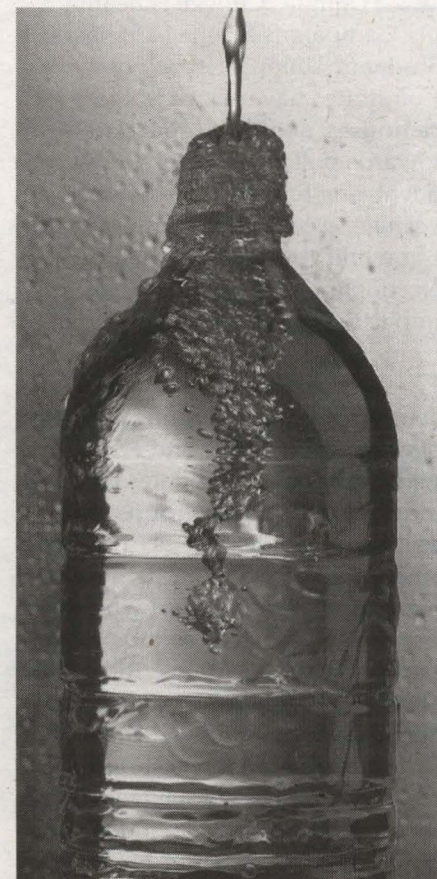
**"Just because a water bottle has a label with peaceful looking mountains on it doesn't mean it's come all the way from a higher altitude to see you."**

signings, blind taste tests in the concourse, as well as hosting the annual Bottled Water Free Day on March 15. With the majority of students clearly in favour of the cause, the next step is to officially ban the sale of bottled water on both campuses, as well as install water bottle refill stations to provide students with a sustainable alternative.

Two such refill stations have already been installed at the David Lam campus, with a tentative plan between the college and the DSU to

Committee and promoters of the movement, "[drinking tap water] is a sustainable choice and should be free and easily accessible to everyone."

It's a good campaign and I've definitely changed my attitude towards bottled water, but my only concern is: why are we getting rid of the only healthy drink alternative available to students (I'm not counting Vitamin Water because the stuff is basically sugar water)? If a student forgets their water bottle at home, then it's nice to





# War of Words

## When seeing the latest blockbuster is out of your budget

The price you pay for a night at the movies

By Allie Davison, Staff Writer

I used to love going to the movies. Popcorn, comfy(ish) seats, and a giant screen playing your soon-to-be favourite flick all add up for a good time. But it seems like the days are over where I could throw down a 10-dollar bill and get my ticket, plus snacks. Now, it's over \$10 for the movie alone and even more for the popcorn and drink! It's ridiculous.

Growing up, there was a local movie theatre in Loughheed Mall called A Theatre Near You. It wasn't the fanciest place around, but it had big screens, the newest movies, an arcade inside, and best of all: cheap tickets. It closed down back in 2002, something I personally blame on the fancy, shiny new theatres owned by Cineplex.

Cineplex is the big box movie guys, the Walmart of the theatre world. They open up enormous, glamorous theatres and then take

away business from the little guys. Several smaller theatres, other than the Loughheed one, have closed down in recent years—meaning when you're choosing a theatre to go to, it's pretty much Cineplex or nothing.

Sadly, I cannot say I've boycotted movie-date nights altogether. Last time my boyfriend

**"Last time my boyfriend and I decided to go see a movie, we chose to be fair and split the cost... The price tag for the night was approximately \$50—and then we went out for drinks to bitch about how expensive the movies were these days."**

and I decided to go see a movie, we chose to be fair and split the cost—I would buy the snacks and he would buy the ticket. I secretly thought I was getting off easy, especially when I saw the price for both our tickets was \$25. However, the joke was on me when we stepped up to the concession and I surveyed our options. Unless I wanted to get us the kids combo, or a small

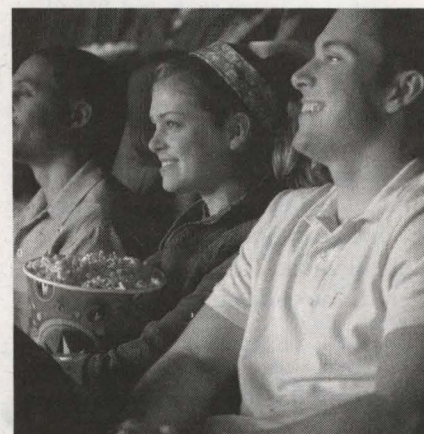
popcorn and drink (to share) then I was going to be paying upwards of \$20. The price tag for the night was approximately \$50—and then we went out for drinks to bitch about how expensive the movies were these days.

And it just keeps getting worse. With the introduction of UltraAVX theatres inside Cineplex theatres,

movie goers will pay \$15.99 a pop. The perks, as listed on the Cineplex website, are as follows: "Reserved Seating, Giant Wall-To-Wall Screen, Crystal Clear Digital Projection, Immersive Sound System, Larger Rocker Seats." Hardly worth the cost. But if you thought that was a steal of a deal (or maybe just a steal), then you'll love this: for a mere \$19.50, you can have access

to the VIP theatres. These theatres have all the same "benefits" of the UltraAVX ones, but you also have access to the licensed lounge. People have been sneaking alcohol into theatres since the beginning of time, and now they want to charge you for it? I'll take a smuggled beer in my purse any day.

Thanks anyways Cineplex, but you're just making staying home and pirating movies seem all the more appealing.



## Justifying the high cost of movie theatres

By Angela Espinoza, Arts Editor

Going to the movies is an unreasonably pricy investment. The average "general" movie ticket in Canada costs \$12.50, with regular-sized popcorn and drink running an additional \$5.50 each. That means to see a film alone would cost you just under \$25 total every time. But as much as we like to moan and groan about the pricing at movie theatres, we continue to see movie after movie; the bigger the hype, the sooner we line up for a ticket.

Take this year for example: despite the fact that they've been adjusted for inflation, movie tickets have never cost more. However, you'd be lying to yourself if you said you weren't banking on checking out both *The Avengers* and *The Dark Knight Rises* this summer. *The Avengers* will also have a 3-D release, which adds another \$3 to your ticket price—and both films will of course be showing at every

IMAX and UltraAVX theatre in North America, so there are those additional costs as well.

Most have accepted that the high price of this sort of outing goes towards one's overall experience. At best, you're going to have a fun action-packed evening with your buddies. But at its worst, and more realistically, you're going to be surrounded by rude families,

**"If you're going to see the right movie, whether that film and audience is for something like *The Muppets* or even *Transformers 2*, only you can judge if you're going to have a good time."**

inhaling stale popcorn, and sitting through 120 minutes of absolute garbage. In our somewhat more astute society though, more and more of us are coming to realize that no person in the right mind would actually throw money at that sort of experience—a one per cent of moviegoers, if you will.

In turn, we're actually becoming savvier with our money.

The next *Twilight* film may break box office records, but more people than ever will know to save their money for a film they themselves might actually enjoy (particularly one that doesn't suck). If you're really money conscious, you'll also note that all theatres operate on Tuesdays with ticket prices slashed by roughly 40 per cent of their regular cost.

As much as we hate paying ticket prices, we still go. If you're going to see the right movie, whether that film and audience is for something like *The Muppets* or even *Transformers 2*, only you can judge if you're going to have a good time. Really, mindless spending on movie tickets hurts everyone except major film companies; your average movie theatre, Cineplex-

operated or independent, sees only pennies from every ticket sale, as the majority of that cost goes straight to the filmmakers. If you've ever found yourself questioning why some rundown, dingy little bat cave of a two-screen theatre is showing the latest major release, it's because they're pouring all their cash into the hopes that we'll buy concession snacks with our ticket. All concession costs go right back to the theatre; technically speaking, popcorn and soda is their bread and butter.

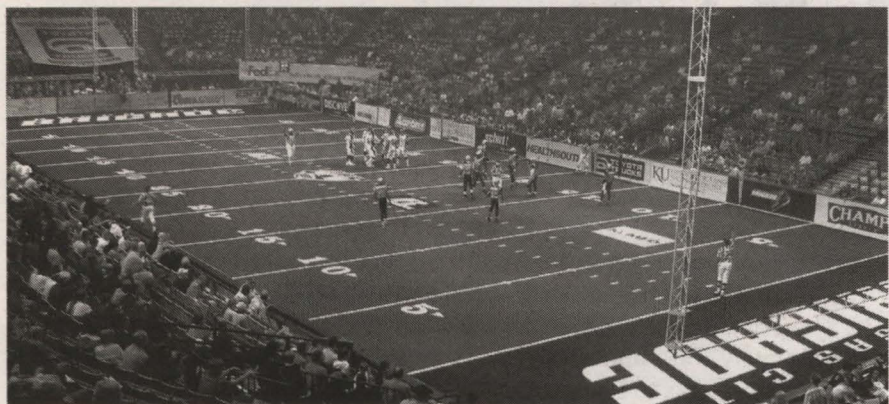
So while price gouging does emit a universal sigh from all of us, it is necessary. Whether it's the big, mean corporation or the little, honourable theatre, gouging is necessary for both to survive. And in the end, if you truly despise the thought of paying any amount for something at the theatre, then to quote one Jay Sherman, "If the movie stinks, just don't go."



# Sports.

## Arena Football League strike:

The fragile career of an athlete



By Eric Wilkins, Staff Writer

When the words "professional athlete" get thrown around, most people are quick to think "really filthy rich." And why not? In today's world, it's common to hear about star players holding out for a new contract because they're being horribly low-balled by a \$5-million deal. The average person won't even come close to that in their lifetime, but these athletes aren't satisfied with such a figure for one year. Spoiled. Overpaid. Unbelievable. Take your favourite incredulous adjective for athletes

and feel free to add it to the list. These people are getting paid obscene amounts of cash to play a game, a game that they presumably love. While life may often be unfair, sports are just plain nonsensical.

But not every athlete falls into the category of outstandingly fortunate brat. While the top leagues in any sport tend to dish out the dough like it's going out of style, those leagues below the top-tier are often far less generous. Case in point: the Arena Football League.

The AFL, for those who are unaware, is essentially football played on a much smaller field with padded boards forming the borders

of the playing area. In this league, players are all but forced to hold down a job outside of the game. Monthly earnings typically hover around the \$3,000 range. Certainly not living a life of luxury.

In the recent strike, players were trying to double their meagre salaries to a more respectable figure. The owners' response? Sayonara. Replacement players were brought in immediately, and many of the

the pro crowds. But they play on for love of the game and that one tiny glimmer of hope every kid holds onto of making it to the top one day.

The strike helped illustrate just how fleeting a shot at glory is. In their attempt to make their wages almost half-decent, some players lost their chance altogether. Owners seldom are fans of those who try to reduce their profits, and AFL

**"While the top leagues in any sport tend to dish out the dough like it's going out of style, those leagues below the top-tier are often far less generous."**

striking players crossed the picket line before the end of the second quarter. Surprise surprise. Who woulda thunk it? When you're a nobody, you have no leverage.

I don't care to tune into too many AFL games, but at the same time, it is athletes like these who it is far easier to have respect for. At 3k a month, none of them are in it for the money. The chances to jump to the next level are slim. The fan-base is undoubtedly smaller than

owners are no different. Several of the key figures in the strike now find themselves without a job anymore, and, unless they want to take another step down, face an end to their career.

It is easy to bundle professional ball players into the classification of loaded rich jerks, but keep in mind that many of them are honest, hard-working Joes, just like you and me.

## Birdies and battles

Royals' Charmagne Yeung wins gold at badminton nationals

By Sharon Miki, Assistant Editor

Sometimes, big winners come in small packages. At five-foot-four, Charmagne Yeung might appear at first glance to be diminutive in stature—but the badminton champion works hard for her results. Earlier this month, the full-time Print Futures: Professional Writing student's dedication paid off as she earned her fourth CCAA national mixed doubles title for Douglas College.

Yeung and her doubles partner, Logan Campbell, dominated at the 2012 CCAA tournament, winning the mixed doubles event in a feat that mirrored the success of their overall season—which they ended with a perfect 53-0 record in matches. The win is part of a larger accomplishment for Yeung, who points out the achievements of the entire Royals team.

"2011/2012 was a building year for Douglas badminton, as there were a lot of first-years," says Yeung. "We are a very green team, and to come out of nationals with

three gold medals, one silver medal, and the team supremacy award was a significant accomplishment."

Yeung's journey to her current success has been complex. She played for the Royals from 2005 to 2008, earning three CCAA titles before taking a break from playing for Douglas. This year—after earning her diploma in Sports Science and an Associates of Arts degree in Creative Writing in 2010—Yeung returned to Douglas to study writing and to play for the Royals full-force.

"Charmagne has worked very hard to re-dedicate herself to the sport of badminton," Royals badminton coach Al Mawani says of Yeung. "After several months of hard work, she once again finds herself competing with and against the top collegiate players in Canada. I would say [Yeung], going into her fifth and final year of eligibility, still has a lot to give to fulfill her potential."

Yeung, 24, trains five days a week, alternating between conditioning and on-court technical

training. While the college season runs from September through March, Yeung and her teammates train year-round.

Still, Yeung admits that there are often many misconceptions surrounding her sport. "Lots of people who are not familiar with the sport think that badminton is a recreational sport played in the backyard on a summer day. We get that more often than not!"

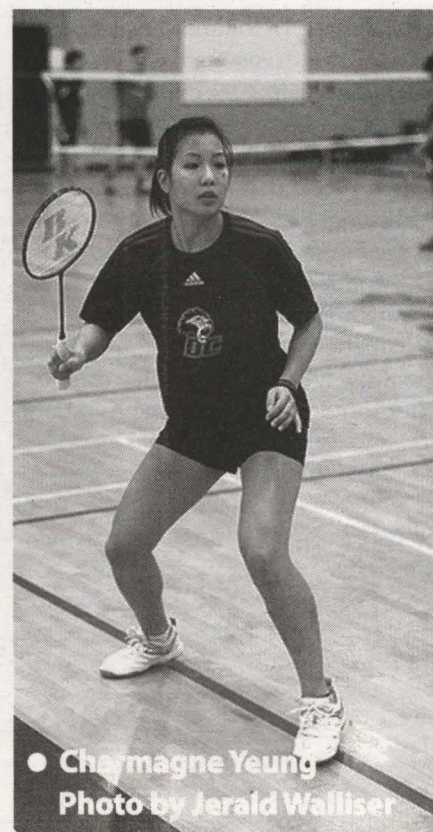
"But when people see us running treadmill sprints in the Chris Johnson Fitness Centre, they are always surprised at our response when they ask us what sport we play."

"Badminton in Canada is not as popular as it is in Asia or Europe, so it's understandable that people just aren't aware of the extent to which badminton players train."

As the 2011/2012 season concludes, both Yeung and coach Mawani look forward to the future.

"I will be back next year to try and win my fifth national title," says Yeung. Her coach agrees: "Despite all her accomplishments I

expect a lot of her next season, now that she's back playing with the best," says Mawani.



● Charmagne Yeung  
Photo by Jerald Walliser



# Football Fever

## Manning finds a team; Tebow-mania moves

By David Hollinshead, Staff Writer

There were more rumors than at a teenage girl's slumber party, but Peyton Manning found a team.

After the long-time Indianapolis Colt was cut in favor to draft Stanford quarterback Andrew Luck, teams were ready to pounce on him. The first team that rumors started swirling about was the Miami Dolphins. It went so far as there being billboards in Miami begging Manning to sign with them. Hall of Fame quarterback and former Dolphin Dan Marino even offered Manning advice as to why he should sign with Miami.

Miami's quarterback situation has been stingy for years. Most recently, they drafted Chad Henne out of Michigan in the second round of the 2008 draft. After four years, he has not progressed into a winner, and found himself on the cutting room floor. Miami traded all-pro wide receiver Brandon Marshall in a move to relieve salary cap room to make space for Manning. Miami was also the first team to fall out of favour with Manning and forced to look elsewhere. It sparked discussion with players, fans, and analysts alike—perhaps no one wants to play in Miami because of general manager Jeff Ireland.

The next team to court Manning was the Arizona Cardinals. They had traded one of their best cornerbacks in Dominique Rodgers-Cromartie and a second-round pick for Kevin Kolb from the Philadelphia Eagles. Kolb was projected to take over as the starting quarterback before Mike Vick made a comeback, making him expendable. Kolb never lived up to those expectations, but they too, fell out of favour.

The San Francisco 49ers was one team that tried to get Manning until the very end. After just-missing their chance to go to the Super Bowl, they let Alex Smith walk to free agency, and looked to sign Manning; an awkward situation because Manning and Smith have the same agent. Once Manning found his team, the 49ers then signed quarterback Josh Johnson and resigned Smith to a deal with no salary bonus. What that means is that if the 49ers decided to cut Smith later on, they wouldn't receive any cap penalty.

The Tennessee Titans looked

to be the front-runners. Manning is loved in Tennessee ever since his college days, and the owner of the Titans, Bud Adams, said he would "do anything" to sign Manning. The Titans had veteran quarterback Matt Hasselbeck and quarterback-of-the-future Jake Locker under contract. Having Manning would have put them over the edge in hopes of taking AFC South, while providing a great tutor for Locker. They lost out though to the Denver Broncos.

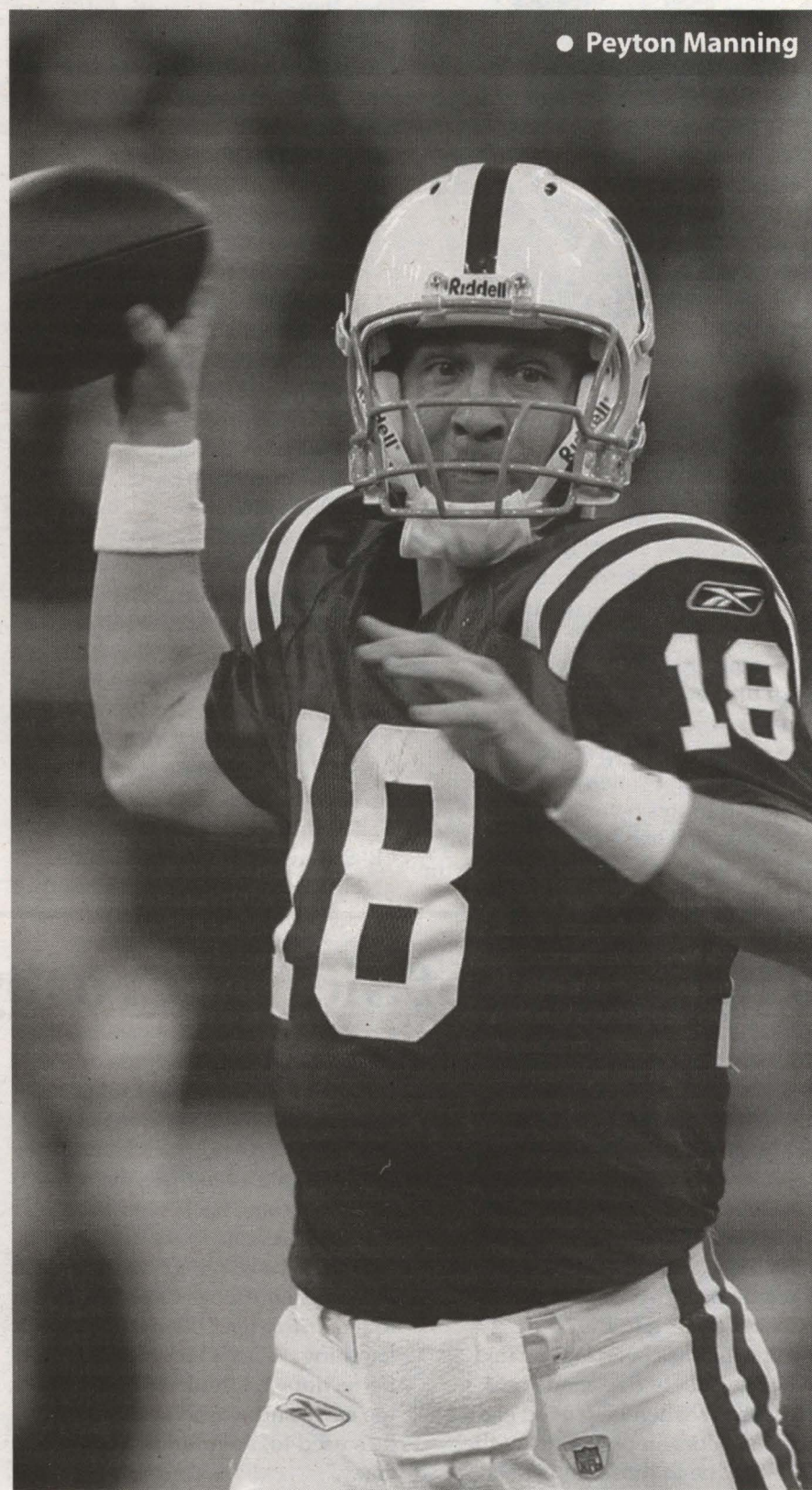
Denver had quarterback Tim Tebow (if you can call him a quarterback) as their starter. Executive vice president of football operations, John Elway, named Tebow the starter for next year, but brought in Manning anyway. With Manning signed, Denver can now focus on bringing in more free agents to support him. They quickly signed wide receiver Andre Caldwell and cornerback Tracy Porter, both influenced by the Manning signing. The Broncos are also looking at Manning's former teammates, center Jeff Saturday, and tight ends Dallas Clark and Jeff Tammie. Free agents will be flocking to Denver in the hopes Manning can deliver a Super Bowl.

All of this led to Tim Tebow being expendable, with the Broncos looking to trade him as soon as they could.

There it was, a few days later and Tebow had been traded to the New York Jets. The trade was complicated, as after agreeing to terms, the Jets refused to pay a \$4-million contract fee, stopping the trade. The Jacksonville Jaguars jumped in, offering to pay for it and trade a fourth round pick. Tebow eventually ended up going to New York. As if the Jets didn't have enough problems.

After exiting the season without making the playoffs last year—after head coach Rex Ryan guaranteed a Super Bowl—the locker room blew up, with one player having to be escorted from the premises. Ryan believes Tebow's leadership can unite the Jets locker room.

It looks as though it has been even more divided. After the Jets lost out on Manning (they made a slight attempt), they signed quarterback Mark Sanchez to a three-year deal. Sanchez was their first-round draft pick in the 2009 draft, and never looked to have the confidence, demeanor, leadership,



● Peyton Manning

or talent to start. He did lead the Jets to an AFC Conference game, but lost out. After the Tebow trade was completed, Jets cornerback Antonio Cromartie took to Twitter to express his outrage saying, "Y bring Tebow in when we need to bring in more Weapons for @ Mark\_Sanchez let's build the team around him. We already signed to 3 year ext." He wasn't the only one confused by the trade. Super Bowl III-winning Jet and quarterback Joe Namath believes that it's just a publicity stunt, and doesn't believe the Jets front office know what they are doing. The Jets

signed quarterback Drew Stanton a week before they made this trade for Tebow, promising him to be the backup. Now after one week, Stanton is demanding a trade. It is unlikely that Tebow and Sanchez can coexist. The idea is that Tebow will be a backup, and run offensive coordinator Tony Sparano's Wildcat formation. There is a flaw with that though. The fans were already calling for Sanchez's head, and he already has low confidence. As soon as he throws a bad pass, there are going to be people calling for Tebow to start.



## CANUCK'S



By Josh Martin, Sports Editor

**T**he Vancouver Canucks' chances of winning the Stanley Cup this year just got more difficult with the loss of leading goal scorer Daniel Sedin.

Last Wednesday night, in a game against the dreaded Chicago Blackhawks, defenseman Duncan Keith elbowed Sedin in the head on a play where the puck wasn't even close to him. Keith was perhaps getting some revenge on Daniel, after an earlier hit—minutes before—where the Swede finished a hard check on him, shouldering his head into the

## NHL needs to crack down on hits

boards.

A clean hit by Sedin? Not exactly. Maybe a little high if that, but definitely not worth getting an elbow blow to the head minutes later on a complete cheap shot.

Keith got a five-game suspension from NHL vice-president of player safety Brendan Shanahan on the hit, while Daniel Sedin suffered from a brain injury.

Seems fair, doesn't it?

And just like that the Canucks top goal-getter is out indefinitely. What that means exactly, no one knows. He could possibly be out for the rest of the regular season, the playoffs, heck maybe even the start of next season. Just look at what happened to Sidney Crosby and the whole post-concussion ordeal he went through over the course of 14 months.

It does happen, and it could happen. It just depends on how serious the injury turns out to be, and with concussions there is no time limit.

Now, looking at this angle from the Chicago Blackhawks point of view is very interesting. The Canucks are arguably the Blackhawks biggest rival in the NHL. They are sitting at second

place in the Western Conference, which means that there is a high possibility that the Blackhawks will meet them somewhere down the road in the post-season, if the planets align (which seems to happen quite often with these two teams as they have met in the playoffs in the past three consecutive years). Daniel Sedin is the top goal scorer on the Canucks and will likely be a huge asset to their success in the playoffs. So, if an opportunity arises, why not get rid of him? Especially if the consequence in today's NHL is only a five-game suspension. When it comes to your team's success, it just makes sense. Keith will be back after five games, just in time for the playoffs; now that the Canucks are without Daniel, thanks to Keith, that knocks down the offence a few notches on one of the top Western Conference teams heading into the post-season.

So, the Blackhawks are guaranteed that they will get back their top defensemen in five games, while the Canucks aren't sure when, or heaven forbid, if their top forward will be back in the lineup anytime soon.

What is wrong here?

Cheap hits to the head have been an ongoing occurrence throughout the NHL, especially in the past few years, yet nothing has really changed. Something has to be done in order for this particular problem to decrease significantly.

One possibility would be that the amount of games of suspension handed to the offender would be the same length of time that the victim was injured for. So in this case for example, Keith's suspension would last however long it would take for Sedin to get back from his concussion problems.

The only problem to this rule would be if the victim has had prior head problems, which could alter the length of how long it would take before feeling healthy again. Finding the plausible medium is going to be the key in cracking down on head shots while keeping NHL players safe out on the ice.

A mere five-game suspension is not going to cut it. As long as there is minimal consequence, concussion-like symptoms and cheap head shots will remain in the NHL.

## The return of Sidney Crosby

By Josh Martin, Sports Editor

**O**n March 15, the new-era Wayne Gretzky returned to hockey for the second time since suffering concussion symptoms dating back 14 months ago. More than two-million Canadians tuned in to watch Sidney Crosby's return to the NHL. A return that has been anticipated since the last one he made back in November when he played eight games before stepping out of the line-up due to those same post-concussion-like symptoms coming back for an encore performance.

Since then, Crosby seems as though he is back to his old self, putting up spectacular numbers for the amount of hockey he has played this season. Combining both his comebacks, Crosby has scored 21 points (two goals, 19 assists) in just 13 games. That's 1.62 points per game. At that pace, over a complete 82-game season, Crosby would be on pace for 133 points—skipping away with the scoring title.

The Canadian hockey superstar seems to be in a class of his own. Even though he appeared to be

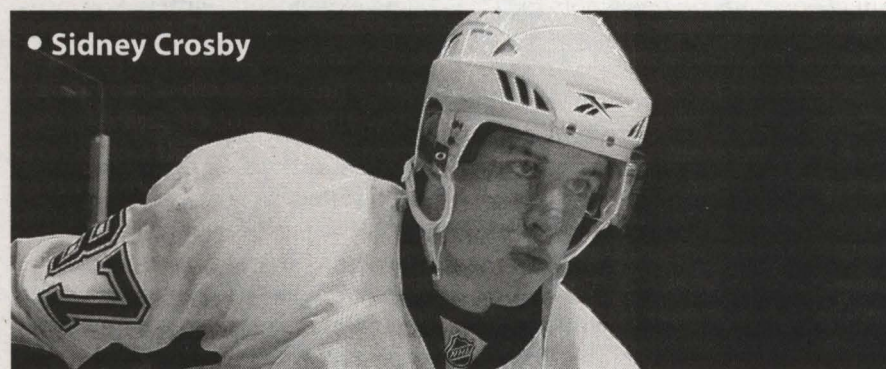
ready to return from a concussion days before he did, he wanted to make sure his entire game was on par.

"I think, even three weeks before he came back, we were saying, 'Geez, he looks great. Why isn't he playing?'" Penguins defenseman Brooks Orpik said to the *Pittsburgh Tribune-Review*, laughing. "That's Sid. He's such a perfectionist. I think if he came back too early and wasn't at the level he's used to, it would drive him crazy."

"It takes time to get that anticipation and reaction back," Crosby said. "That's the difference sometimes. You have to go to those (scoring) areas and trust your instincts and hopefully get the bounces."

Yes, everything seems to be looking fine and dandy. Pittsburgh fans don't really have anything to complain about. The Penguins are the hottest team in the Eastern Conference right now with a 46-21-6 record and 98 points. Center Evgeni Malkin has been leading the way this season, in Crosby's absence, and has done so with

### • Sidney Crosby



huge success, leading the NHL in scoring with 45 goals, 50 assists, and 95 points in 66 games. And now with Crosby back in the lineup and James Neal stepping up to the plate with 76 points of his own, the Penguins are looking better than ever—a sure Stanley Cup favourite.

However, there still are a few questions that remain on the table with regards to Crosby. What if those concussion symptoms do comeback somewhere down the road. What if he does get hit again? And what does this mean for his future? Will players not want to give him such a hard time, fearing that they may spark repercussions to arguably the world's greatest hockey player of all time? Or will

they do the complete opposite and hound him simply because he is fresh off a dangerous brain injury and, after all, he's Sidney Crosby?

Who knows. But as of right now number 87 is back with his red-hot Penguins and is tearing it up. And until something happens, it's all gravy.

The Pens' were a dangerous team without Crosby, and now that he's back they seem to have all-star qualities. They have 30 goals in their past six games and have a 9-0-1 record in their past 10. And with Sid-the-kid's return to the lineup, it is literally the icing on the cake... a very scrumptious and delicious cake.



# Humour.

## Live Wires

In an effort to provide you with better news coverage and put three writers out of work, The Other Press presents Live Wires, the best news stories from around the world that we could print for pennies on the dollar.

Edited by **Liam Britten**,  
Humour Editor

### Canadian Institute of Mayonnaise Research declares rich, creamy mayonnaise the cure for depression, cancer, other diseases

The Canadian Institute of Mayonnaise Research (CIMR) has released results from a new study that has remarkable findings about the medical properties of mayonnaise.

The study, entitled, *Mayo: Better Than Sweat From, Jesus' Brow* declares that clinical trials showed that mayonnaise possesses miraculous properties, including stimulating weight loss, curing high cholesterol, and re-growing lost limbs.

"We were amazed by the results, but not too amazed," said the lead researcher, Dr. Philip P. Norman. "We all know that sweet, tasty mayo has delicious properties, improving the taste of sandwiches and other food items immeasurably. I guess it only follows that if mayo tastes great, it must have great health benefits. This report finally proves once and for all that those health benefits cannot be overlooked any longer."

The study was financed by MayoSmiles, an industry group representing Hellman's, Kraft, Best Foods, and other mayonnaise producers. According to Dr. Norman, the mayonnaise companies were "just as sweet as the delicious condiment they manufacture," and did not attempt to influence the results of the study at all. Also, Dr. Norman noted that the yacht provided to him by MayoSmiles was used for purely scientific purposes.

— Associated Associates



### Party Rock Anthem to join American, Canadian anthems at NHL pre-game ceremonies

Citing a desire to better reflect the partying nature of fans of the game, the NHL has announced that starting during the 2012 playoffs, "Party Rock Anthem" by pop group LMFAO will be performed in its entirety to precede every NHL game, alongside "O Canada" and "The Star-Spangled Banner."

"We feel that 'Party Rock Anthem' captures many thoughts and feelings shared by NHL fans: girls stepping up to make us throw this cash, having no lead in our zeppelins, and, of course, running through these hos like Drano," said NHL Commissioner Gary Bettman.

Like any national anthem, the "Party Rock Anthem" has strict traditions associated with its singing. Instead of removing hats in the way one would for a national anthem singing, it is accepted that fans will immediately don "tight jeans and tattoos 'cause we rock 'n' roll."

This is the first time that the NHL has added another anthem to pre-game ceremonies. It is also the first effort ever since an unsuccessful 1977 attempt to add Rush's "Anthem" to the proceedings.

— Agence France-Peer-Press

### Greece sells record collection to pay off debt

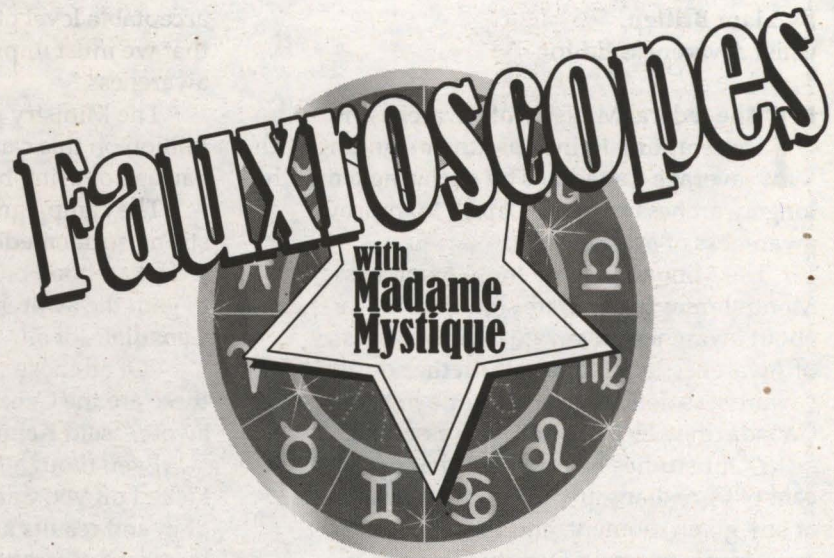
In a sad move met by strong protests across the nation, the Government of Greece has decided to sell the debt-choked nation's prized record collection to get out of debt.

Vinyl albums by The Beatles, Rolling Stones, Jimi Hendrix, and Led Zeppelin were sold off to the private market, disappointing many radical Greek communist audiophiles.

"This is the greatest loss of an LP collection since China sold off their new wave and punk records during the Asian Economic Crisis of the late '90s," said Aleka Papariga, leader of the Communist Party of Greece. "We are truly saddened that the reactionary elements of Greek politics have decided to bow to the demands of our debtors and put a price on our truly solid collection of early British electric blues and rock."

The government has defended the move, saying that although the move was "difficult and regrettable," it did allow the nation to keep her prized Harley and most of the Island of Crete.

— Your Mom



### Capricorn

(12/22-1/19)

You and your partner need to see each other again, but a derailed SkyTrain blocks your path. Your only hope to swim for it! Or you could just take another route.

### Aquarius

(1/20-2/18)

Today you will be gathered into a room with a bunch of people you've never met before. All exits are blocked and you must not go insane, even as the days pass by. It's all part of a new reality show called *Confunment!*

### Pisces

(2/19-3/20)

You have an inkling to travel today, but since you don't have the funds to actually go somewhere, you just stay home and watch TV.

### Aries

(3/21-4/19)

Convincing someone to watch your performance as a Justin Bieber impersonator is really hard to do. But don't give up, post it on YouTube! I'm sure someone will add it to their playlist!

### Taurus

(4/20-5/20)

Today you will experience the joys of air travel when you are shot out of a cannon and into a brick wall.

### Gemini

(5/21-6/21)

You have important questions on your mind like: "Do turtles have wings hidden in their shells?" It's best not to talk to people today.

### Cancer

(6/22-7/22)

Today you will realize that the only social event that you've been to in months is a birthday party for a one-year-old.

### Leo

(7/23-8/22)

Strange company will come by your house today! These visitors are half human, half unicorn. They will blind you with their sparkling purity and impale you with their horns.

### Virgo

(8/23-9/22)

You have your head in the clouds. I suppose it was a bad idea to use your severed head as a Flubber football.

### Libra

(9/23-10/22)

You may find that between college, living, and alcohol, your expenses are drying up faster than a salted slug. But don't worry, I sent all your financial information to a rich Nigerian banker to help you out!

### Scorpio

(10/23-11/21)

Today would a great day for you to use that Wealth Charm you've been practicing for the past few months. Your friends will be swimming in riches!

### Sagittarius

(11/22-12/22)

You might want to donate all your time and effort to a goose cleaning charity today. It might be good for your karma.

With files from Livia Turnbull



## Ministry of Awareness promotes month of April as Awareness Awareness Month

Initiative aims to make Canadians more aware, especially about awareness

By **Liam Britten**,  
Chief Awareness Editor

The federal Ministry of Awareness is attempting to increase their standing with average Canadians by declaring a month-long awareness month in April, to improve awareness of awareness.

The Ministry's Awareness Awareness Month hopes to generate significant awareness about awareness, a key goal of the Ministry of Awareness at all times. With the so-called "awareness deficit" at an all-time high in Canada, they feel that action is essential.

"Our studies have shown that up to 60 per cent of Canadians are unaware of awareness at any given moment, and these numbers must improve," said Deputy Minister of Awareness Sandy Kemp. "When we asked 1,000 Canadians across the country if they were aware of being aware, only 18 percent said that they were aware. Although around 30 per cent said that they may be aware, but unaware of their awareness, we do not feel that this is an

acceptable level of awareness, and we are aware that we must improve the nation's awareness awareness."

The Ministry plans to spend almost \$80 million on this campaign, incorporating a barrage of print, broadcast, and online appeals.

The campaign for awareness will have a strong social media aspect, including a Twitter feed, Facebook page, and even a Tumblr page to gain the awareness of the least self-aware Canadians of all.

"Of all those who lack awareness, we feel these are the Canadians who need to be most aware," said Kemp.

Even though the campaign hasn't officially kicked off yet, Canadians are catching wind of it, and results are already being seen in the increased awareness of Canadians.

"I'm definitely more aware," said Hamilton, Ontario resident Mike Llewellyn. "I felt that before, maybe I wasn't aware as much as I should be. My unawareness awareness was definitely the thing I was most aware of. That and the fact that I'm dying of liver cancer."

For more information, visit the Ministry of Awareness' website:

[www.heywereyouawarewehadawebsitewellwedo.gc.ca](http://www.heywereyouawarewehadawebsitewellwedo.gc.ca).

Awareness Awareness Month will use creative appeals to improve awareness. A large part of the creative process was developing several unique, attention-getting campaign slogans to appeal to different demographics. Here are some of those slogans:

- Awareness! Were you aware?
- Beware of being aware!
- Look out!! There's a spider on your back! Were you aware?
- Are you aware that you suck... at being aware?
- BOO!!

## My Prospective Perspective

Immune systems, now is the time to (re)act

By **Joel MacKenzie's Overactive Immune System**, Contributor

My fellow immune systems, do you know the dangers of pollen? Are those little, white balls of fluff floating in the air this season as innocent as they seem? Or do they carry harmful substances? Do they carry bacteria? Infectious viruses, like those that cause swine or bird flus? Chemicals? Cancer-causing chemicals? Alzheimer's-causing chemicals? Heart disease-causing chemicals? Recent scientific studies have found that both chemicals and viruses can travel in air; could pollen spores sponge up these potentially harmful substances? And how harmful are the spores themselves to the delicate lining of the inside of the respiratory system?

The scary truth: no one's certain. But there is certainly a correlation between the amount of reports in the media of an increased amount of diseases with a recently increased amount of pollen in the air. More shockingly, health officials agree: no proof exists to refute that pollen can carry bacteria, viruses, or cancer, or have disastrous physical effects on the respiratory system.

With this in mind, would you rather risk exposing your body to what could potentially cause something potentially harmful to your health? Huh?! Or are you smart, and would rather err on the side of

caution?

This season, let your body know it needs to get as far away from potentially deadly pollen as it can, by following these pollen defence techniques.

**Produce as much mucous as possible to stuff up the face**  
Mucous will help to push the invading substances out, and stuffiness will make the face as aesthetically unappealing as possible.

**Cause itching on the inside of the nose/throat**  
Causing an inaccessible area to be itchy ensures constant frustration. Any attempts made to itch with the tongue will cause sneezing or swelling of the throat, sure to cause uncomfortable facial expressions and embarrassment from onlookers' disgust.

**Make the eyes watery or itchy**  
Or preferably both! This way, any attempt made to touch the eyes will cause more irritation, and thus more itchiness, wateriness, redness, and unattractiveness.

**Make the skin itchy**  
Why not? The itchier, the better. Itchiness of the thin skin on the face could also promote facial touching, promoting acne.

Overall, make the body as uncomfortable as possible, simulating a cold/skin problem every day over the duration of the pollen season. Also ensure these symptoms are present at night, to disrupt the body's ability to sleep and heal itself, and to promote fatigue or drowsiness. These

techniques will make even the smallest tasks difficult, and reduce physical attractiveness, increasing general anger/despondency, ensuring that the mind knows just how big of a deal plant spores might be.

Next week: why pet fur is a huge deal, and defining the dangers of dust.

## HUMOROUS HYMN:

### Just a picture

By **Livia Turnbull**, Contributor

It's just a picture, you say,  
but then you look at it again.

The dark eyes seem to follow you  
around the vacant room and you start to shiver.

"Those eyes, they don't exist!" You think  
they're not real, but only dabs of paint.

But they entice you, beckoning you  
to play a game of cards or two.

But once you start playing that card game  
you're in for life, only to stop at doomsday.

You try to run, but the eyes are  
closer now than ever  
you can practically feel warm  
breath on your neck.

A furry paw grabs hold of you and  
soon  
another one seizes you. You are  
quiet with fear.

They drag you into the painting,  
onto the  
dark green table, you open your  
mouth.

But then you wake up, dripping  
with sweat and gulping air  
You decide to throw out that  
picture of dogs playing poker.



Continued on page 25



Tim Horton's Roll-Up-The-Rim cups becoming increasingly sarcastic

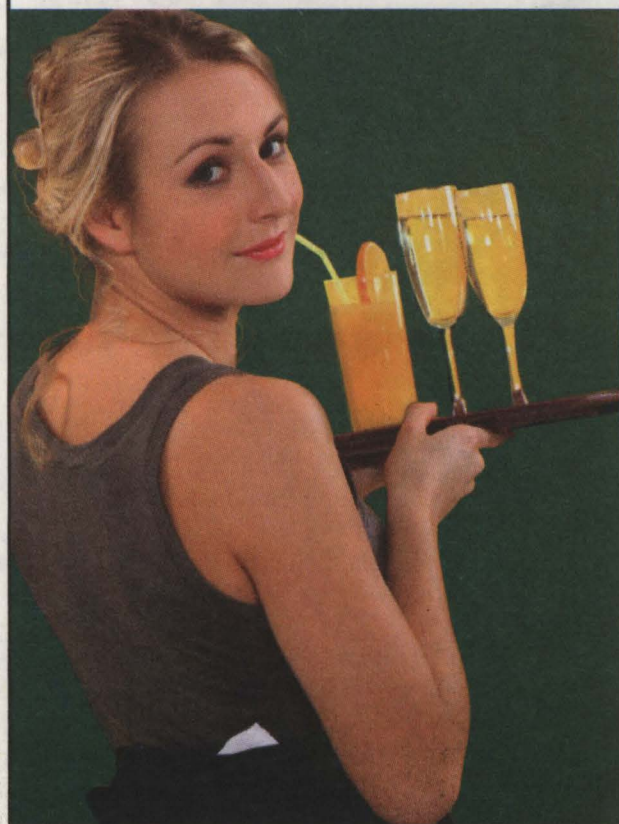


St. Louis Blues' run for Presidents' Trophy thrills entire fan base



Stephen Harper arrives in Japan for trade talks, anime convention

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# ELECTIONS



DOUGLAS STUDENTS' UNION  
Local 18 — Canadian Federation of Students

## Candidates for Election

External Relations Coordinator  
Geddes, Austen

Griffin, Jill

Internal Relations Coordinator  
Dahan, Chris

Soleymany, Farhood

Stemberg, Jesse

Treasurer

Jhutti, Ricky

Mece, Jerin

College Relations Coordinator  
Atwal, Mike

Pereira, Devlin

David Lam Campus Coordinator

Momen, Ayman

Sikimic, Djordje

Member-at-Large  
Bains, Karan

Elezovic, Marco

Fong, Carolynn

Jia, Nancy

Raeside, Chris

Aboriginal Liaison  
Woodman, Madison

Hunt, Kyle

Disabled Students liaison  
Samarakoon, Sunera "Sunny"

Engelke, Mark

Pride Liaison

Woochuk, Lex

Kovacevic, Tijana

Women's liaison  
Davies, Janelle

Rivera, Crystal

### NEW WEST CAMPUS VOTING TIMES

March 26: 9:30am-4pm

March 27: 10am-7pm

March 28: 9:30am-7pm

March 29: 10am-7pm

March 30: 9am-12pm

DAVID LAM CAMPUS VOTING TIMES

March 26: 11am-4pm

March 27: 11am-7pm

March 28: 11am-7pm

March 29: 11am-6pm

March 30: 9am-12pm

In front of the Theater

Concourse

Concourse

Concourse

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